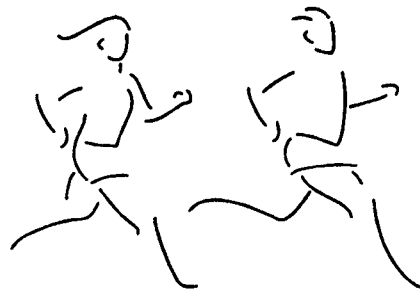


6th Annual

SDA

Spring Thaw

5,000 Meter Run



Saturday, March 15, 2003
Liberty State Park, Jersey City

1-Mile Health Run/Walk - 9:30AM
5,000 M Run - 10:00AM

LOCATION: Registration and the Start/Finish line will be near the concession stands in the parking lot at the foot of the flag-lined Morris Pesin Drive in Liberty State Park.

COURSE: Simple out and back along the panoramic Jersey City waterfront walkway, a USA Track & Field certified course.

KIDDIE RUN: This short race will be held just prior to the Awards Ceremony.

RESULTS: The complete results of the race will be published in The Jersey Journal.

PACKET PICK-UP: Numbers & shirts can be picked up at the start of the race beginning at 7:30am.

ENTRY FEES: \$15.00 March 1 / \$18.00 race day. \$5.00 - Kiddie Race \$10.00 1-mile Health Run/Walk. Entry fees are non-refundable. Fees have not increased in race history!

AWARDS: The number of medals distributed will be determined by the participation in each age group. Top 5 overall male & female, top 2 (minimum) in each of the following age groups: (10 and under), (11-15), (16-19), (20-24), (25-29), (30-34), (35-39), (40-44), (45-49), (50-54), (55-59), (60-64), (65-69), (70-74), (75-79), and (80-up.) If there are insufficient entries in any particular age groups, we will combine the groups as warranted.

REGISTRATION: Please mail completed forms with entry fees to: John E. Nagel, Race Director, 2572 Kennedy Boulevard, Jersey City, NJ 07304. Make checks payable to St. Dominic Academy. For further information, call 201-434-5938 ext. 52, or 201-434-3500. E-mail: sdatrack@aol.com

FIRST NAME

LAST NAME

SEX

STREET ADDRESS

APT.

CITY

STATE

ZIP CODE

DATE OF BIRTH

DAYTIME PHONE

AGE

T-SHIRT

EVENT

(AREA CODE)

(S.M.L.XL)

(5000 METER, HEALTH RUN, KIDDIE RUN)