

SCHEDULE:

7:30am Registration
9:00am 1 Mile Fun Run
9:30am 5K Run



REGISTRATION:

By mail or online at www.ACTIVE.com

ENTRY FEES:

5K \$17. by 12-8
\$15.USATF-NJ by 12-8
\$20.After 12-8
Fun Run: \$8.

COURSE:

USATF certified, rolling and fast loop through scenic residential neighborhoods.

AWARDS:

1,2,3 overall male and female and in the following age groups:
14 & under, 15-19, then 10 years to 75 & over.
Finisher ribbons to all Fun Runners.

AMENITIES:

Long sleeve t-shirt in 5K, short sleeve in Fun Run.
Holiday food and drink, DJ,P rizes.

DIRECTIONS:

From Rt. 287...Exit for Rt. 208, Frankli Lakes.
1st exit (High Mountain Road). Left onto High Mountain.
Academy of the Most Blessed Sacrament is 1 mile on left.
From Rt.4 ...To 208. Left onto Ewing Avenue.FIRST LIGHT;
Right onto Franklin Lake Road. School is 1/2 mile on right.

INFO:

201 677-9687 • www.OYMP.net • mzrace@OYMP.net

To benefit The Academy of the Most Blessed Sacrament

**2003
AMBS
JINGLE BELL RUN**
5K Run and 1 Mile Fun Run
DECEMBER 13, 2003
FRANKLIN LAKE, NJ



500 points

last name		first name	
street		city	
state	zip	phone	
date of birth	age on race day	2003 USATF#	
email		sex	

Please make checks payable to:
AMBS - HSA Jingle Bell Run
785 Franklin Lake Road
Franklin Lakes, NJ 07417

Event

- 5K Road Race
- 1 Mile Fun Run

Entry Fees (please check)

- 5K \$17 by 12/8
- 5K \$15 USATF by 12/8
- 5K \$20 after 12/8 and race day
- Fun Run \$8

ADULT T-Shirt Size **KIDST-Shirt Size**
 M L XL S M L XL

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Most Blessed Sacrament Church and Academy, Borough of Franklin Lakes and On Your Mark Productions. for injury or damage which may occur due to my participation in this race.

signature (parent or guardian if under 18) date