



Elizabeth, NJ
September 27, 2003

- Post Race Party
- The Ultimate Beer Truck
- Kids Fair
- T-shirts & Prizes
- Super Fast Course, Downhill Finish
- Continuous Music
- Fire Boat Spray
- 9/11 Memorial Commemorative Ceremony

KIDS DASH FOR HEROES



Schedule
 8:00 am Registration begins
 9:20 am First bus leaves for start
 9:45 am Last bus leaves for start
 10:00 am Fallen Heroes 5K
 10:30 am The Party Begins
 11:00 am Kids Dash for Heroes
 9/11 Memorial Commemorative Ceremony & Awards Program
 The Party Continues

Registration
 By mail or online at www.Active.com
Firefighter's Health Screening
 Provided By: The Burn Center at St. Barnabas

Entry Fees:
 5K By September 22, \$13
 USATF-NJ, \$11
 After September 22 and on race day, \$15
 Kids Dash Ages 2-11 30 to 150 yards, \$5

Course
 Closed, fast, point to point from Engine One to beautiful Veteran's Waterfront Park. Pass monuments, bag pipes, bands and memorials. 2 water stops, clocks at each mile.
BUSES TO START.

Results
www.CompuScore.com

Info:
 732 499-9250 (d)
 732 381-0318 (e)
www.OYMP.net

Awards
 1,2,3 Overall, Elizabeth Residents, Firefighters, Police Officers and Age Groups.

Age Groups
 14 & under to 75 & over (5 years)

Amenities
 Fallen Heroes Tee, Post race party & buffet, continuous music, prizes, kids fair and the Ultimate Beer Truck.

Fallen Heroes 5K MEMORIAL RUN OFFICIAL ENTRY FORM
 Checks payable to NJFMBA Foundation
 Mail to PO Box:1836, Rahway, NJ 07065

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

Entry Fees(please check)
 5K \$13 by 9/22.
 5K \$11.USATF by 9/22
 5K \$15 after 9/22 and race day
 Kids Run \$5.

ADULT T-Shirt Size **KIDS T-Shirt Size**
 M L XL OS OM OL OXL

Are You a
 Firefighter Police Officer

Waiver/ Release: 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 NJFMBA, the City of Elizabeth, the County of Union, On Your Mark Productions, Children's Apparel Network and all parties, groups, organizations, volunteers, sponsors, and (or) any representatives involved in the Fallen Heroes Memorial 5K Run for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

signature _____ date _____
 signature of parent if under 18 _____