

6th Annual Building Tomorrows

Tomorrows

5K Run/ 2 Mile Walk

Saturday, April 3, 2004

Brookdale Park
Bloomfield, NJ



SCHEDULE: 7:30 – 9:15 am Registration
9:30 am 5K & Walk Start
10:45 am Awards Ceremony

REGISTRATION: By mail or online at www.ACTIVE.com

ENTRY FEES: Pre-Registration \$17.00 by 3/29
USATF-NJ \$15.00 by 3/29
Post-Registration \$20.00

COURSE: Double loop park course, primarily shaded and all traffic free. USATF certified. Water Stop. Split Times.

AWARDS: 1,2,3 overall, male and female
1,2,3 age groups, male and female

RESULTS BY: www.compucore.com

AGE GROUPS: 5 year: 14 & Under to 70 & Over

INFO: (973) 535-1181 ext. 1230
www.OYMP.net

AMENITIES: Building Tomorrows T-shirt,
Refreshments, Random Prizes

DIRECTIONS: From Garden State Parkway South:
Exit 151- Watchung Avenue. Make right off the exit ramp towards Bloomfield/ Montclair. Follow to the 4th light (1.1 miles) and make a right on Grove Street. Follow .5 miles and make right into the park entrance. Parking will be down the hill on the left.

From Garden State Parkway North:
Exit 151 - Watchung Avenue. Make left off the exit ramp. Follow to 5th light (1.2 miles) and make a right onto Grove Street. Follow directions above.

2004 Building Tomorrows 5K ... Official Entry Form

Name _____ Phone _____ Sex (circle one) M F

Address _____ Age (on race day) _____

City _____ State _____ Zip _____ Date of Birth _____

Email Address _____ '04 USATF-NJ # _____

Event(circle): 5k Walk T-shirt (5K) M L XL

Entry Fees(please check)

\$17 pre registration \$15 USATF Member \$20. on race day

Checks payable to:
ARC of Essex County,
123 Naylor Avenue
Livingston, NJ 07039

In consideration of this entry being accepted, I hereby waive and release any and all rights and claims to damage that I may have against race officials, The ARC of Essex County, staff, volunteers, and representatives for any and all injuries that I may sustain in this event. I acknowledge that I have fully read this form, and fully understand the terms and conditions contained herein. I further understand that entry fees are not refundable. I agree not to hold The ARC of Essex County responsible for any publicity used concerning this event and I grant the right to use any likeness in any photographic reward of this event.

Signed _____ Parent/Guardian Signature if participant is under 18 years of age. Date _____