



500 Points

Main Street 5K Festival AND BUSINESS EXPO

Saturday, April 24, 2004

To Benefit Pass-It-Along

At: The Sparta Athletic Club, 115 Sparta Ave, Sparta, NJ

Sponsored by CLEARCHANNEL Communications



FRIDAY 7 - 9 PM

Packet Pick-up • Pasta Party with Live Band



SATURDAY RACE DAY 9 AM - FUN RUN
9:30 AM - 5K



Ages: 14u/15 - 19/20 - 24/25 - 29/30 - 34/35 - 39/40 - 44/45 - 49/50 - 54/55 - 59/60 - 64/65 - 69/70+



TROPHIES/PRIZES AWARDED:



TOP 3 MALES 1ST PLACE: \$75 2ND PLACE: \$50 3RD PLACE: \$25
TOP 3 FEMALES 1ST PLACE: \$75 2ND PLACE: \$50 3RD PLACE: \$25



5K FEE: \$15 EARLY REGISTRATION (Until April 20TH) / \$20 REGISTRATION (through race day)
5k runners receive T-shirt & Free Fitness Guest Card while supplies last
2004 USATF-NJ ATHLETES save \$2 on Early Registration
FUN RUN FEE: \$5 Fun runners must be at least 7 years old. Ribbons to all who complete race.

Community Expo
Activities ALL Day:

- Multiple door prizes!
- Raffles
- Silent Auction
- Face Painting
- Petting Zoo/Pony Rides
- Bounce House
- Food & Refreshments



DIRECTIONS: SPARTA ATHLETIC CLUB FROM RT. 80: Take Rt. 15 North...12 miles to Rt. 517 South (2nd Sparta Exit-NOT Rt 181 business district exit). Left at end of ramp at light (club is 1 mile)... go through two traffic lights (Shell station on right corner at 2nd light)...Sparta Athletic Club is on Right, after Sparta Health & Wellness Center. * Please park at the adjacent Faith Baptist Church, Sparta United Methodist Church, or Sparta Health & Wellness Center parking lots. *

...and MORE!

Map of course and facilities available at spartaathleticclub.com

Register Online @



Timing by Compuscore

BIB #

5K: Age on Race Day ___ Birth date ___/___/___ Male ___ Female ___ Shirt size M L XL XXL

Last Name _____ First Name _____ 2004 USATF-NJ # _____

Street _____ City _____ St _____ Zip _____ Grand Prix Scoring Only

Phone _____ e-mail address _____ Est. Finish Time: _____

Fun Run: Age on Race Day ___ Male ___ Female ___ (Certificates Given to Fun Runners)

Pre-Race Pasta Party (Friday night) is free w/registration...\$4 for each additional guest.

ENCLOSED PAYMENT: Cash ___ Check ___ Charge ___ V MC Amex Disc # _____ exp. _____

5k	\$ _____
Fun Run	\$ _____
Pasta Guests	\$ _____
TOTAL Enclosed	\$ _____

In Consideration of your acceptance in the Main Street 5K/Festival & Business Expo, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administration, waive and release any and all rights and claims for damages, and hold harmless, any sponsoring organization (Sparta Athletic Club, Sparta Township, Sussex County, Faith Baptist Church, Sparta United Methodist Church, active.com and co-sponsors) their representatives, successors, agents, servants or employees, and assignees for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to participate; and state furthermore, that my ability to participate in and successfully compete in this event has been attested to by a qualified physician or certified fitness consultant. I hereby grant permission to Sparta Athletic Club to use photos that may include myself for promotion and publicity; and understand that if the Run cannot be held due to an act of God or circumstances beyond control, the Race is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.

Signature _____ Date _____

Signature _____ Date _____

(Parent or Guardian if under 18 years)

CHECKS PAYABLE TO: Sparta Athletic Club
(c/o Andy Ball) 115 Sparta Ave., Sparta, NJ 07871

FOR INFORMATION OR QUESTIONS, CONTACT ANDY AT
info@spartaathleticclub.com
or (973) 729-9141 or Fax (973) 729-7946