



9th Annual 5K Saturday, August 21, 2004 LaGrande Park, Fanwood, NJ

Featuring the
6th Annual KIDS Sprint (25-200 yards)

Schedule:

5:00pm KIDS Sprint- Ages 2-11
5:45pm Race Start
6:30pm Invitational Wheelchair Race
7:00pm Awards Ceremony

Location:

LaGrande Park, Fanwood, NJ

Registration:

by mail or online at www.ACTIVE.com

Entry Fees:

5k \$17. by Aug 12 (\$15. USATF)
\$20. after Aug 12 and on race day
KIDS Sprint \$7

5K Course:

USATF Certified • Mile Splits • Water Stops.
Scenic loop through tree lined, slightly hilly Fanwood.

Scoring:

Results: www.CompuScore.com

5k Awards:

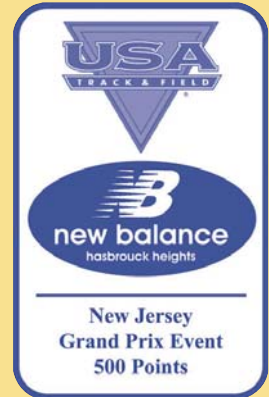
1,2,3 Male & Female, overall, masters & age groups
1st Male & Female, Scotch Plains/Fanwood Resident

Age Groups:

14 & under, to 75 & over in 5 year increments.

Amenities:

Custom T-Shirts to all pre-registrants and post-registrants while supplies last. Post event refreshments, random prizes, goodies, entertainment.



Race Information:
908-301-1899(days)
732-381-0318
www.OYMP.net

last name		first name
street		city
state	zip	phone
date of birth	age on race day	2004 USATF#
email		sex

mail to: CONTACT We Care
PO Box 2376, Westfield, NJ 07091
checks payable to: CONTACT We Care

Event

5K Road Race
 KIDS Sprint

ADULT T-Shirt Size (please check)

M L XL

KIDS T-Shirt Size (please check)

S M L

For Official Use

Waiver/ Release: In consideration of this entry being accepted, I hereby for myself waive and release any claims I may have against CONTACT We Care, On Your Mark Productions, the Race Committee, The Borough of Fanwood, sponsors, their staff, officers volunteers, and any representatives, for any and all injuries suffered by me in this event. Further, I have trained and am physically capable of successfully competing in this event.

signature

date

signature of parent if under 18