



**PracticeHard.com**  
5K ROAD RACE

**LINCOLN PARK**  
**JERSEY CITY, NJ**  
**JULY 24, 2004 - 8:30AM**

5K is Followed by Track & Field Meet  
Starting At 9:30am

Register Online at

**PracticeHard.com**  
No Processing Fee

**FEES**

**5K Run Pre-Entry** (7-20-04)  
\$20 With Singlet & PracticeHard Mug  
Men & Women Cuts For Pre-Entry  
( \$2. Discount to USATF Members )

**5K Run Post-Entry**  
\$22 With Singlet & PracticeHard Mug  
Mens Cut Only For Post-Entry Shirts  
While Supplies Last

Specially Designed Garden State Games Shirt  
PracticeHard Mug Cash Drawing Of \$250  
Post Race Refreshments  
Clocks At Each Mile

**AGE GROUPS / AWARDS**

14 & Under, 15-18, 19-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
  
5K Run - Top 3 Overall Finishers Male & Female  
Top Master 40+ Male & Female  
Top 3 Finishers In All Divisions

**DIRECTIONS TO LINCOLN PARK**

NJ Turnpike to Exit 15E or US 1&9 N - Follow Signs to US 1&9 Truck N towards Newark/Jersey City. (Do Not Take Pulaski Skyway). Continue (left at light) on US 1&9 Truck/Lincoln Highway. Turn Right on Duncan Ave. Turn Right Into First Park Entrance/Parking Lot.  
  
US 1&9 S - Follow Signs to US 1&9 Truck S (In Jersey City). (Do Not Take Pulaski Skyway). Turn Left on Duncan Ave. Turn Right Into First Park Entrance/Parking Lot.



500 points



Cash Drawing

**GSG 2004**

LAST NAME			
FIRST NAME			
BIRTH DATE	AGE	SEX	
EVENT	5K Road Race		Call for Track & Field App 908-245-9422

Make Check Payable & Mail To:  
Sports A/R GSG - 253 W. Westfield Ave. Roselle Park, NJ 07204  
Or Register On Line at [www.practicehard.com](http://www.practicehard.com) CONTACT - 908-245-9422

STREET			
CITY			
STATE		ZIP	
PHONE			
2004 USATF#			
E-MAIL			

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in The Garden State Games for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event.

<b>Shirt Size</b>
S M L XL XXL

SIGNATURE DATE SIGNATURE OF PARENT IF UNDER 18