

CARDINALS – CEDARBROOK PARK

5K RUN/WALK

WHEN: Saturday, May 3, 2003

Post Registration – 8AM – 9AM
 5K Run 9:30AM
 5K Walk 9:35AM
 Lollipop Run 9:45AM (age 5-8 years only)

WHERE: Cedarbrook Park
 Park Drive off Park Avenue
 Plainfield, NJ

PROCEEDS BENEFIT:
 SBYS:PTPP
 Multiple Sclerosis Foundation

REGISTRATION:

Pre-Registration (before April 15)	\$15.00
USATF-NJ Pre-Registration	\$13.00
All Post-Registration	\$20.00
Lollipop Run	\$ 5.00
Additional Tee Shirts	\$10.00



PACKET PICKUP: Cedarbrook Facilities Building A – Near Tennis Courts on Park Drive (across from parking lot) Prior to the Race

AMENITIES: Tee Shirts guaranteed to first 300 registrants. Refreshments served after the races.

AWARDS: **CASH awards to top overall male/female 5K winners - 1st place - \$150 * 2nd place \$50 * 3rd place \$25**
 Top three finishers male/female in each age category will receive trophy or medal awards in groups as follows:
 Under 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

COURSE: This is a USATF Certified 5K course. It is run on the park paths and connecting roads, through the Shakespeare Gardens and over a Scenic route down a tree lined path and around the lake.

PARKING: Competitors may use parking areas located near the softball field, basketball courts, and Shakespeare Garden and along the curbs by the picnic areas.

SCORING COMPANY: Compuscore **Visit our website at:** www.meetingsoftheminds.com - link to "events"

CARDINALS – Cedarbrook Park 5K Run/Walk ENTRY FORM

This form may be reproduced. Please submit separate forms for each participant. Questions & Race Updates: 908-222-2125
 Return entry form and **check payable to:**
SBYS:PTPP, Inc., POB 2915, Plainfield NJ 07062

Circle event: **5K Run** **Health Walk** **Lollipop Run**

Last Name	First Name	Middle
Street Address	e-mail	
City	State	Zip
Telephone #	Sex	Age on Race Day
Birth date	USATF#	T-Shirt : M, L, XL, 1X, 2X

WAIVER

I am medically able and properly trained to participate in this race. In consideration of the acceptance of my application, I, my heirs, executor, administrator, successor and assigns do hereby acquit and forever discharge the County of Union, City of Plainfield, Department of Recreation, USATF-NJ, event sponsors, agents, and persons involved in the promoting of this race from any and all claims, causes of action, demands, rights, damages, costs, loss of service, expenses and compensation which I may hereafter accrue of or in unforeseen damage and consequences resulting or to result from my participation in the Cardinals Cedarbrook Park 5K Run/Walk, held Saturday, May 3, 2003 in Plainfield, NJ. I also give my permission for the use of my name and/or picture in any newspaper, broadcast, telecast or other account of this event.

Signature: _____

Date: _____