

# 4th Annual Run for Rachel

Raising Awareness of Domestic Violence

**2004**



**5k Run**

**3k Walk**

**Kids' Run for Rachel**

**Sunday, May 23, 2004**

**Memorial Oval, Livingston**

**EVENTS:**

**LOCATION:**

**SCHEDULE:**



Rain or Shine

**REGISTRATION:**

**ENTRY FEES:**

**COURSE:**

**PRIZE MONEY:**

**AWARDS:**

**5K AGE GROUPS:**

5K Run • 3K Walk • Kids' Run (ages 2-11. 25-200 yards)

Memorial Oval, Livingston, NJ

Day of Registration/ Packet Pick-up: 8:00am - 9:45am

(Kids' Run until 10:45am)

Start times: 5K - 10:00am • 3K Walk - 10:10am

Kids' Run - 11:00am

By mail until May 17, 2004 or online at [www.ACTIVE.com](http://www.ACTIVE.com)

5K and Walk - Pre-registration

\$18.00, short-sleeve T-shirt (\$15.00, USATF members)

After May 17 and on race day - \$22.00, short-sleeve T-shirt only

Kids' Run - \$7.00

5K • USATF certified, out and back, flat and rolling, residential

Mile clocks • Water stops • USATF NBGP 700 point event

Race direction by *On Your Mark Productions* ([www.OYMP.net](http://www.OYMP.net))

Results by *COMPUSCORE* ([www.compucore.com](http://www.compucore.com))

Women: 1st - \$300; 2nd - \$250; 3rd - \$200;

4th - \$150; 5th - \$125; 6th - \$100; 7th - \$75

Top three overall and age groups, male & female

Top Livingston residents, male & female

Ribbons to all Walk and Kids' Run finishers

Prizes to those adult, child & team who raise the most money through pledges

14 & Under to 75 & Over in 5-year Increments

**AMENITIES:**

- GOODIE PACK - Pre-registrants only - REGISTER EARLY!
- T-shirts guaranteed to all pre-registrants and post registrants while supplies last!
- RANDOM PRIZE DRAWINGS

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ '04 USATF #: \_\_\_\_\_

SEX (Circle one): Male Female Age (On race day): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

EVENT ENTERED (Check one only): 5K \_\_\_\_\_ 3K Walk (all ages) \_\_\_\_\_ Kids' Run (ages 2 - 11) \_\_\_\_\_

Are you part of a pledge team? \_\_\_\_\_ Team Name \_\_\_\_\_

Check whichever applies:

\_\_\_\_\_ \$15.00 (USATF members; by May 17, 2004) - short-sleeve T-shirt S M L XL

\_\_\_\_\_ \$18.00 Pre-registration (by May 17, 2004) - short-sleeve T-shirt S M L XL

\_\_\_\_\_ \$22.00 After May 17, 2004 and on race day - short-sleeve T-shirt S M L XL

\_\_\_\_\_ \$7.00 Kids' Run For Rachel S M L

\_\_\_\_\_ \$ Enclosed is an additional donation of \_\_\_\_\_ (optional)

**Checks Payable to "Rachel Coalition."**

**Mail to: Run for Rachel, Rachel Coalition, 256 Columbia Turnpike, Florham Park, NJ 07932**

Payment enclosed \$ \_\_\_\_\_  MC  VISA  Amex

Acct# \_\_\_\_\_ Exp. Date \_\_\_\_\_

FOR ADDITIONAL INFORMATION CONTACT RUN FOR RACHEL AT (973) 765-9050 ext. 400

or visit [www.rachelcoalition.org](http://www.rachelcoalition.org)

**WAIVER/RELEASE**

In consideration of this entry being accepted, I hereby waive and release any claims against Rachel Coalition, the Township of Livingston, the Livingston Board of Education, LMAC, On Your Mark Productions, their staff, officers, volunteers, successors, and assignors for injuries that may be suffered by me in this event. Further, I confirm that I am physically able to participate in this event and grant the right to use my likeness in any photographic record of the Run for Rachel.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian signature if participant is under 18 years of age.



**Women's Open 5K  
Championship**