19th Annual Mother's Day

RUN FOR FREEDOM

Sunday, May 9, 2004
Rain or Shine

Start and Finish

Integrity House
105 Lincoln Park, Newark, NJ

Course

Fast ~ flat ~ one hill
USATF Certified #NJ88008DB

Through the heart of historic Newark.
Splits at every mile.
Water at mile marks 2 and 4.

Time

Post registration and check-in	7:30am
50 yard Kids Course (7 & under)	8:45am
1 mile run	9:00am
5 mile race	9:30am

Registration

$12.00 Pre-Registration—by May 6th
$10 USATF-NJ Members pre-register by May 6th
$15.00 Registration after May 6th
$6.00 fee for Kids Course
(age 7 & under only)

Make checks payable to: ***Integrity, Inc.***
Mail checks and entry forms to:
INTEGRITY, INC.
Race Committee
PO Box 510
Newark, NJ 07101

Awards

Awards ceremony immediately follows the race.
Prize money to be awarded
In the 5 mile race as follows:

1st place:	male ~ $300	female ~ $300
2nd place:	male ~ $200	female ~ $200
3rd place:	male ~ $100	female ~ $100

Trophies awarded to 1st—3rd male and female finishers in 1 mile and 5 mile races.

Medals to top 3 in each age group in both races!!

10-under 11-14 15-19 20-24 25-29
30-34 35-39 40-44 45-49 50-54
55-59 60-64 65-69 70-74 75-79 80+

Medals given to all children participating in the Kids Course.

T-shirts to all race participants — children too!

Finish Line
Computerized Scoring by COMPUSCORE

Result postcards will be mailed after the race.

Race Packet Pick-up
105 Lincoln Park, Newark, NJ
Friday, May 7th ~ noon to 4:00pm
or at the race on Sunday, May 9th

Runners with special needs should call prior to the race so that arrangements can be made.

For additional race information call:
Susan Lyons at 973-623-7246

ENTRY FORM

Race - Check One

☐ Kids Course (7 & under only) ☐ 1 Mile ☐ 5 Mile

Official Use Only

2004 USATF # (if applicable)

Date of Birth

First Name

Last Name

Address / Apt.

City State Zip

Phone:

Sex Age Race Day

SHIRT SIZE (circle one): Kids S M L XL

SEPARATE APPLICATION AND ENTRY FEE REQUIRED FOR EACH RACE

In consideration of this application, I hereby for myself, heirs, executors, and administrators waive and release any claim I may have against Integrity, Inc., its officers and trustees, the organizing committee, USATF-NJ, the sponsoring organizations, the City of Newark or their representatives, successors, or assignees for any and all injuries that may be suffered by me in this event. I certify I am in good physical condition. I further agree that the above-named sponsors are under no obligation to provide a physical examination or other evidence of my fitness to participate in this event, the same being my responsibility.

Signature _____ **Parent's signature if under 18** _____ Date _____

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