

SCHEDULE:

7:30am Registration
 9:00am 1 Mile Fun Run
 9:30am 5K Run

**REGISTRATION:**

By mail or online at www.ACTIVE.com

ENTRY FEES:

5K \$17. by 11-27
 \$15.USATF-NJ by 11-27
 \$20.After 11-27
 Fun Run: \$8.

COURSE:

USATF certified, rolling and fast loop through scenic residential neighborhoods.

AWARDS:

1st,2nd,3rd overall male and female and in the following age groups:
 14 and under 15-19 then 20+,30+,40+,50+,60-75 and 75 & over
 Finisher ribbons to all Fun Runners.

AMENITIES:

Long sleeve t-shirt in 5K, short sleeve in Fun Run.
 Holiday food and drink, DJ, Prizes.

DIRECTIONS:

- From Rt. 287...Exit for Rt. 208, Franklin Lakes.
 1st exit (High Mountain Road). Left onto High Mountain.
 Academy of the Most Blessed Sacrament is 1 mile on left.
- From Rt.4 ...To 208. Ewing Ave. exit. Left onto Ewing Ave.
 First light; Right onto Franklin Lake Road. School is 1/2 mile on right.

INFO:

201.891.4250 • www.wamproductions.biz • wamproductions@aol.com



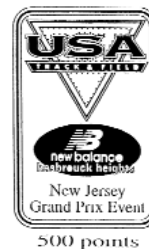
**2004
 AMBS**

JINGLE BELL RUN

5K Run and 1 Mile Fun Run

DECEMBER 4, 2004

FRANKLIN LAKES, NJ



To benefit The Academy of the Most Blessed Sacrament

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

Please make checks payable to:

AMBS - HAP Jingle Bell Run
 785 Franklin Lake Road
 Franklin Lakes, NJ 07417

Event

- 5K Road Race
 1 Mile Fun Run

Entry Fees (please check)

- 5K \$17 by 11/27
 5K \$15 USATF by 11/27
 5K \$20 after 11/27 and race day
 Fun Run \$8

ADULT T-Shirt Size KIDST-Shirt Size

M L XL S M L XL

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Most Blessed Sacrament Church and Academy, Borough of Franklin Lakes and WAM Productions for injury or damage which may occur due to my participation in this race.

signature (parent or guardian if under 18) date