

# Fallen Heroes 5K MEMORIAL RUN

More Event Info  
on-line at  
[www.NJFMBA.org](http://www.NJFMBA.org)



Elizabeth, NJ

**September 11, 2004**



The City of Elizabeth  
will conduct a 9-11  
Memorial Ceremony at 8:47 am  
Early buses will be available

Post Race Party  
The Ultimate Beer Truck  
Super Fast Course, Downhill  
Finish  
Kids Fair, DJ, Prizes  
Catered Buffet

KIDS DASH FOR HEROES



## Schedule

7:45 am Registration begins  
9:00 am First bus leaves for start  
9:20 am Last bus leaves for start  
9:45 am Fallen Heroes 5K  
10:30 am The Party Begins  
10:45 am Kids Dash for Heroes  
9/11 Memorial Commemorative Ceremony &  
Awards Program  
The Party Continues

## Registration

By mail or online at [www.Active.com](http://www.Active.com)

## Entry Fees:

5K By September 6, \$15  
USATF-NJ, \$13  
After September 6 and on race day, \$18  
Kids Dash Ages 2-11 30 to 150 yards, \$5

## Course

Closed, fast, point to point from Engine One to beautiful Veteran's Waterfront Park. Pass monuments, bag pipes, bands and memorials. 2 water stops, clocks at each mile.

BUSES TO START.

## Results

[www.CompuScore.com](http://www.CompuScore.com)

## Awards

1,2,3 Overall, Elizabeth Residents, Firefighters, Police Officers and Age Groups.

## Age Groups

14 & under to 75 & over (5 years)

## Amenities

Fallen Heroes Tee, Post race party & buffet, continuous music, prizes, kids fair and the Ultimate Beer Truck.

**Info:**  
732 499-9250 ( d )  
732 381-0318 ( e )  
[www.OYMP.net](http://www.OYMP.net)



## OFFICIAL ENTRY FORM

Checks payable to NJFMBA Foundation  
Mail to PO Box:1836, Rahway, NJ 07065

last name first name

street city

state zip phone

date of birth age on race day sex

2004 USATF# email

## Entry Fees(please check)

- 5K \$15 by 9/6.  
 5K \$13.USATF by 9/6  
 5K \$18 after 9/6 and race day  
 Kids Run \$5.

## ADULT T-Shirt Size

OM  OL  OXL

## KIDS T-Shirt Size

OS  OM  OL  OXL

## Are You a

Firefighter  Police Officer

Waiver/ Release: 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 NJFMBA, the City of Elizabeth, the County of Union, On Your Mark Productions, Children's Apparel Network and all parties, groups, organizations, volunteers, sponsors, and (or) any representatives involved in the Fallen Heroes Memorial 5K Run for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

signature date  
signature of parent if under 18