

20th Annual Mother's Day

RUN FOR FREEDOM

Sunday, May 8, 2005

Rain or Shine

Start and Finish

Integrity House
105 Lincoln Park, Newark, NJ

Course

Fast ~ flat ~ one hill
USATF Certified #NJ83008DB

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 5th
\$10 USATF-NJ Members pre-register by May 5th
\$15.00 Registration after May 5th
\$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!

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

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 6th ~ noon to 4:00pm
or at the race on Sunday, May 8th

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

Downloaded from CompuScore www.compuScore.com

Race - Check One

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

Official Use Only		

2005 USATF # (if applicable)

Date of Birth

Last Name

First Name

Sex Age Race Day

Address / Apt.

City

State Zip

Phone:

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 _____

**Directions to Integrity House
105 Lincoln Park, Newark, NJ**

From Route 24 and 78

Take Rt. 24 & 78 East to Rt. 21 North, take Rt. 21 North to Chestnut Street—turn left on Chestnut Street, cross Broad St. and bear left around park.

From the NJ Turnpike

Take NJ Turnpike to Exit 14. Go thru exit and follow signs to Rt. 22 & 21. Get on Rt. 21 North. Take Rt. 21 North to chestnut Street. Turn left on Chestnut Street, cross Broad Street and bear left around park.

From Route 3

Take Rt. 3 to Rt. 21 South. Follow Rt. 21 South to Chestnut Street and go right on Chestnut Street, cross over Broad Street and bear left around park.

From Garden State Parkway

Take Parkway from North or South to the exits for Rt. 22 East (by Union Toll Plaza). Take Rt. 22 East to Rt. 21 North to Chestnut Street. Go left on Chestnut Street, cross over Board Street and bear left around park.

From the Oranges

Take Rt. 280 East. Follow signs for Harrison (stay to the right.) Take exit marked Route 21 South / NJPAC. Turn right at bottom of ramp. Follow Rt. 21 South to Chestnut Street and go right on Chestnut Street, cross over Broad Street and bear left around park.

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Mother's Day*
**RUN FOR
FREEDOM**

Sunday, May 8, 2005

5 MILE RUN

1 MILE RUN

and

50 YARD KIDS COURSE



500 POINT RACE

For the benefit of



Integrity
Works.