

20TH ANNIVERSARY



LINCOLN TUNNEL CHALLENGE 5K FUN RUN/WALK

DON'T MISS YOUR CHANCE TO RUN OR WALK
UNDER WATER!

SUNDAY APRIL 23, 2006 - RAIN OR SHINE

Registration opens at 6:45 a.m. \ Race begins at 9:00 a.m.

PRESENTED BY



HOSTED BY



THE PORT AUTHORITY OF NY & NJ



DEDICATED IN MEMORY OF THE OFFICERS WHO MADE THE ULTIMATE SACRIFICE ON 9-11-01

How To PARTICIPATE

COMPLETE & SEND IN YOUR REGISTRATION FORM...

Please provide all requested information, remember to print clearly. All entries postmarked prior to **April 3, 2006** receive a \$5.00 discount for early registration (\$20.00). Any entries postmarked after April 3, 2006 are required to submit the late registration fee of \$25.00. There is no additional fee for team competition. Each registered participant will receive a race t-shirt on the day of the race.

LIKE TO MAKE AN ADDITIONAL DONATION?

There is a space on the Registration Form which allows for a donation in addition to your entry fee. You may circle an amount or write-in your donation.

A donation of **\$100 or greater** will guarantee the contributor a 20th Anniversary Lincoln Tunnel Challenge Hooded Sweatshirt.

A donation of **\$500 or greater** will guarantee the contributor a Lincoln Tunnel Challenge Warm-up Suit (to be mailed following the race) and a 20th Anniversary Lincoln Tunnel Challenge Hooded Sweatshirt.

REGISTRATION FEE

\$20 early-entry fee if postmarked by April 3, 2006

\$25 entry fee if postmarked after April 3rd
or for registrations submitted on race day.

All participants will travel a distance of **5K** (3.1 miles) through the Lincoln Tunnel and back. (USATF Certified)

No in-line skates, bicycles, skateboards or pets allowed.
Children in strollers must be registered.

THE TUNNEL

Yes, it is healthy and safe to run/walk underwater! The South Tube (also the newest tube) of the Lincoln Tunnel is washed and the roadway is degreased the night prior to the run/walk. The air is changed every 90 seconds with air originating high above the Hudson River, which makes the air quality inside the tunnel equal to the air quality outside! The tunnel is ventilated constantly and no vehicles are allowed in the tunnel until after the event is completed.

Post Race ACTIVITIES

Awards, refreshments & door prizes immediately following race at the staging area. All running awards will be presented following the race. You must be present to win awards and prizes. Results will be posted at the conclusion of the race. Final results will also be available online at: www.compuscore.com.

PARTICIPATION AWARDS

INDIVIDUAL & TEAM AWARDS

The Fred Muser & John Skala Memorial Awards will be presented to the overall male and overall female winners, respectively.

Individual awards also will be presented to the top three males and top three females in the following age groups:

9 & under	20-29	50-59
10-14	30-39	60-69
15-19	40-49	70 & over

Team awards will be presented to the teams with the three lowest overall times. The combined times of each team's top three finishers will be used.

DIRECTIONS/PARKING

FREE PARKING at NJ Transit Bus parking lot adjacent to the Lincoln Tunnel Administration Building, 500 Boulevard East, Weehawken, NJ.

SHUTTLE BUS from NY's 41st Street between 8th & 9th avenues (at whale mural).

From NY: 7:00 AM, 7:30 AM, 8:00 AM

Return to NY: starting at 10:00 AM

REGISTRATION/STAGING AREA is at the NJ Transit Bus parking lot Weehawken (see FREE PARKING)

Please visit our website: www.sonj.org, click on **Directions**.

If you need further assistance, call Special Olympics New Jersey: 609-896-8000.

