

21st Annual Integrity House

RUN FOR FREEDOM

Sunday, May 21, 2006

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 only) | 8:45am |
| 1 mile run | 9:00am |
| 5 mile race | 9:30am |

Registration

\$12.00 Pre-Registration—by May 18th
 \$10 USATF-NJ Members pre-register by May 18th
 \$15.00 Registration after May 18th
 \$6.00 fee for Kids Course

REGISTER ONLINE: www.compuscore.com
 OR: www.active.com

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 follows the race.

Prize Money

to be awarded in the 5 mile race as follows:

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

Vincent Carnevale Award Prize Money

Vincent Carnevale, an avid runner and participant in Integrity's races, passed away in February 2006 at the age of 89. To honor him, a \$300 prize will be given to the 65 and over male and female winners in the 5 mile race (based on age graded ranking). All runners age 65 and over will receive yellow shirts in Vincent's memory.



Trophies

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

Medals

Medals to top 3 in each age group ~ 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!



Race Packet Pick-up

105 Lincoln Park, Newark, NJ
 Friday, May 19th ~ noon to 4:00pm
 or at the race on Sunday, May 21st

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

For additional race information call:

Susan Lyons at 973-623-7246



Finish Line

Computerized Scoring by COMPUSCORE

Result postcards will be mailed after the race.

