

## SCHEDULE

2:15 pm Registration Begins  
4:00 pm 4 Mile Run Start  
5:00 pm Awards & Holiday Party

## REGISTRATION

OYMP, PO Box 738, Clark, NJ 07066  
or online at [www.practicehard.com](http://www.practicehard.com)

## ENTRY FEES

\$12 by December 6 (\$10 USATF)  
\$17 by December 26 (\$15 USATF)  
\$20 after December 26 and on Race Day

## COURSE

USATF certified 4 mile course, flat and hills on the waterfront and through the Perth Amboy Historic District • Mile Splits • 2 Water Stops

## AWARDS

Top Three Overall, Male & Female  
Top three, Perth Amboy Resident, M & F  
Top three in each age group, M & F  
(14 & Under to 75 & Over in 5 yr. increments)

## AMENITIES

Long Sleeve Tee, Post Race Buffet and Party, Giveaways and Raffle Prizes, DJ Music and Surprises.

## INFO:

732.442.0335 (Cindy) • 732.381.0318 (Mark)  
[gadek@comcast.net](mailto:gadek@comcast.net) • [www.OYMP.net](http://www.OYMP.net)



Join us for the  
5th Annual

# Ramona's Run

The First Grand Prix Event of 2007!

Presented by the City of Perth Amboy

Saturday

December 30, 2006

City Hall, Perth Amboy, NJ

Super  
Post Race  
Party!



[www.OYMP.net](http://www.OYMP.net)



Snow or Shine

## ENTRY FORM

Please make checks payable to: Ramona's Run Mail to: OYMP, PO Box 738, Clark, NJ 07066

last name first name

street

city state zip

phone email date of birth

age on race day sex 2006 USATF#

signature (parent or guardian if under 18) date

### ENTRY FEES (please check)

- \$12 by December 6 (\$10 USATF)  
 \$17 by December 26 (\$15 USATF)  
 \$20 after December 26 and on Race Day

T-Shirt Size  M  L  XL

**Waiver/Release:** In consideration of this entry being accepted, I hereby for myself, heirs, executors, & administrators waive and release any claims I may have against The City of Perth Amboy, The Perth Amboy Board of Education, On Your Mark Productions, the event organizers, volunteers, sponsors and (or) any representatives involved in Ramona's Run for any and all injuries suffered by me. I certify that I am physically able to compete in this event.