

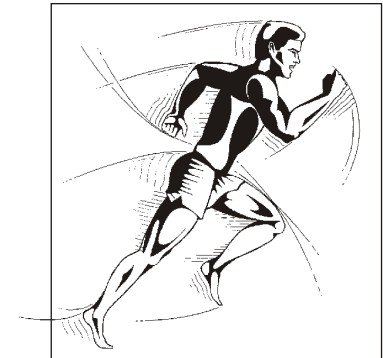


# Holy Name Hospital

## George Ohlandt Memorial

**5K Road Race  
1 Mile Walk/Run**

October 29, 2006  
 5K - 11:00am Mile - 10:30am  
 Ma'ayanot High School/Charter School  
 1650 Palisade Avenue - Teaneck, NJ



**AMENITIES**  
**No Online Process Fees**  
**Brunch Buffet**  
**Beer on Tap**  
**Refreshments**  
**Long Sleeve Shirts**  
**Raffle**

INDIVIDUAL & TEAM  
 SCORING

Ma'ayanot H.S. 1650 Palisade Avenue Teaneck, NJ

Sports A/R  
 546 E. Curtis St.  
 Linden, NJ 07036

### 2006 George Ohlandt Memorial

LAST NAME					
FIRST NAME					
BIRTH DATE	A	G	S	E	
		F	X		
EVENT	5K Run	Long Sleeve Shirt			
	1 Mile	M	L	XL	2X

Make Check Payable & Mail To: George Ohlandt Memorial Fund  
 546 E. Curtis St. Linden, NJ 07036

STREET		
CITY		
STATE	ZIP	▶
PHONE		
2006 USATF#		
E-MAIL		

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in George Ohlandt Memorial Run for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18

## Schedule Of Events

9:30 am	Registration Begins
10:30 am	1 Mile Walk/Fun Run
11:00 am	5k Road Race
11:30 am	Refreshment & Brunch Buffet - Beer Available
12:00	Awards Ceremony

### AWARDS

### INDIVIDUAL

5K RUN - FIRST 3 OVERALL (MALE & FEMALE)  
FIRST 3 IN EACH AGE GROUP (MALE & FEMALE)

14 & Under, 15-18, 19-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-69, 70+

### TEAM

FIRST 3 POLICE TEAMS  
FIRST 3 OPEN TEAMS

TEAMS CONSIST OF 3 MEMBERS MALE OR FEMALE  
ALL MEMBERS OF TEAMS MUST SIGN UP WITH  
INDIVIDUAL APPLICATION

**CALL FOR TEAM APPLICATION  
OR SIGN UP RACE DAY**



 Register Online at

**PracticeHard.com**

No Processing Fee

### FEES

#### 5K Run Pre-Entry

\$18 With Long Sleeve Shirt  
( \$2. Discount to USATF-NJ Members )

#### 1 Mile Pre-Entry

\$18 With Long Sleeve Shirt  
Kid \$10 With Special Gift No Shirt

#### Post-Entry - 5K/1 Mile

\$20 With Long Sleeve Shirt  
(While Supplies Last)

### DIRECTIONS

From Route 95/NJ Turnpike North Bound  
And Route 80 East Bound Local Lanes.

Take Teaneck Exit 70B. Turn Right At Second Traffic Light  
Onto Teaneck Road. Follow To Third Traffic Light And Turn  
Left Onto Cedar Lane. Go to Second Light Make A Right  
Onto Palisade Ave. Go Straight to End Of Road  
Ma'ayanot H.S. Approx 1.5 Miles

From Route 95 South Bound/New York George  
Washington Bridge Local Lanes:  
Take Teaneck Exit 70. Turn Left At Traffic Light.  
Follow Above Directions To Teaneck Road.

From Route 4 East Bound:  
Take River Road Exit. Turn Right At Traffic Light Onto  
River Road. Follow To First Traffic Light And Turn Left  
Onto Cedar Lane. Go to Third Light Make A Left  
Onto Palisade Ave. Go Straight to End Of Road  
Ma'ayanot H.S. Approx 1.5 Miles

From Route 4 West Bound:  
Take Second Teaneck Road Exit (Teaneck Road/Ridgefield  
Park). Follow Teaneck Road To Second Traffic Light And  
Turn Right Onto Cedar Lane. Go to Second Light Make A  
Right Onto Palisade Ave. Go Straight to End Of Road  
Ma'ayanot H.S. Approx 1.5 Miles

Ma'ayanot H.S. 1650 Palisade Avenue - Teaneck, NJ

## In Memory Of George Ohlandt...

On July 12, 2004  
Police Officer George Ohlandt  
was diagnosed with liver cancer.  
Tragically, on August 13, 2004  
George lost his life to the disease.  
George is survived by his wife Linda  
and their two young sons,  
Matthew and Christopher

George had been a Teaneck  
Police Officer for the last nine years.  
Prior to joining the Teaneck Police  
Department, he was a Corrections  
Officer with the Bergen County  
Sheriffs Department.  
George served the community  
with compassion and dedication,  
helping those in their times of need.

In George's memory,  
the Teaneck P.B.A. has established  
the "George Ohlandt Memorial Run".  
This year's proceeds will be used to  
assist the Ohlandt family and The  
Teaneck Armory Family Assistance Center  
Aiding The Family Members of Our Men and  
Women Actively Serving Our Country.

*Anyone wishing to make a  
donation may send it to:*  
George Ohlandt Memorial Fund  
C/O Teaneck PBA, Local 215  
PO BOX 12  
Teaneck, NJ 07666

### CONTACT



253 W. Westfield Ave.  
Roselle Park, NJ 07204

Ray or Tears Office 908-245-3000