

Schedule

7:00 am Registration begins
 8:30 am 5K Start
 9:20 am Square Mile
 9:50 am Jack & Jill Bucket Race

Registration (No Sign-up Fee)

By mail or online at www.practicehard.com

Entry Fees

5K by May 28 \$18
 USATF members \$16
 After May 28 and on race day \$20

Square Mile

by May 28 \$12
 After May 28 and on race day \$15

Bucket Race

\$11 Per 2 person team/no shirt by May 28
 \$22 with T-shirt by May 28
 \$12 per 2 person team/no shirt after May 28
 \$25 with T-shirt after May 28

**For Information or
 to Volunteer:**
 732.381.0318 ·
www.OYMP.net
mzrace@oymp.net

PNCBANK



www.OYMP.net



New Jersey
 Grand Prix Event
 500 Points

Checks payable to: Sports A/R
 253 West Westfield Avenue, Roselle Park, NJ 07204

2007 Jill & Jack 5K



Saturday, June 2, 2007
Kehler Field · Westfield, NJ

Course

5K - USATF certified, flat, fast, through residential streets and Tamaques Park.

Square Mile - Around the block - very fast!

Bucket Race - 600 Meters on track. Male and Female run as team with bucket.

Awards

5K - 1, 2, 3, Overall, Male & Female and age groups (5 yr.)

Square Mile - 1,2,3 male and female

Bucket Race - Top 5 Teams

Prize Money

5K Women - Overall: 1st \$100, 2nd \$50, 3rd \$25,
 1st Masters \$50

Amenities

Jill and Jack T-shirts, Refreshments, Nightmoves DJ, Random Prizes

Info and Directions

732.381.0318 · mzrace@OYMP.net

Rain or Shine

last name first name

street city

state zip phone

date of birth age on race day 2007 USATF#

email sex

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, & administrators waive & release any claims I may have against any and all parties, groups, organizations, volunteers, sponsors, and (or) any representatives involved in the Jill & Jack 5K for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

Entry Fees (please check)

- 5K \$18 by May 28
- 5K \$16 USATF members
- 5K \$20 After May 28 & race day
- Square Mile \$12 by May 28
- Square Mile \$15 After May 28 & race day
- Bucket Race \$11 per 2 person team/ no shirt by May 28
- Bucket Race \$22 w/ T-shirt by May 28
- Bucket Race \$12 per 2 person team/ no shirt after May 28
- Bucket Race \$25 w/ T-shirt after May 28

Bucket Partner's Name

Adult T-Shirt Size M L XL
 Kids T-Shirt Size M L XL

signature

date

signature of parent if under 18