



Morristown Memorial Hospital  
ATLANTIC HEALTH  
THE PASSION TO LEAD



Wyeth



# A Breath of Hope

5K Race and 10K Relay for the LAM Foundation  
(www.thelamfoundation.org)



SANCTIONED EVENT  
CERTIFIED COURSE

October 7th, 2007 9:00 am  
Summit Field, South Mountain Reservation  
Essex County, NJ

USATF Certified Course # NJ00027GAN

**5K Awards (No duplicates)**

Top 3 Male & Female Overall  
Top 3 Male & Female in Age Group

**2 Person 10K Awards (5K each) (No Duplicates)**

Top 5 Male, Female, & Mixed Teams  
Top 5 Mother/Child and Father/Child Teams  
Top 3 14 and Under Teams

(Runners may participate in either 5K or 10K Relay, not both)



**Number and Race Kit Pick-up**

October 4th-6th 2007

**The Sneaker Factory**

308 Millburn Avenue  
Millburn, NJ



**Race Day Oct. 7th 8:00-8:45 a.m.**  
Summit Field, So. Mt. Reservation

**Important:**

Arrive at the Summit Field  
by 8:30 a.m.

Entrance to South Mountain  
Reservation will be closed  
at 8:30 a.m.

Course: Flat and Fast at top of Summit Field overlooking New York City

Directions: Accessible from Crest Drive, off of South Orange Avenue in Maplewood  
For more information please call **The Sneaker Factory at 973-376-6094**

Online registration available through [Compuscore.com](http://Compuscore.com)

Official Entry Form Breath of Hope 5K Race/ 10K Relay  
Entry Fee \$18 (\$16 USATF- NJ Members)  
\$20 after September 30th

**Checks Payable To:** LAM Foundation

**Mail Entry Forms To:** Delia Willsey  
57 Fernwood Road,  
Summit, NJ 07901

Name \_\_\_\_\_ Sex (circle one) Male Female  
Address \_\_\_\_\_ Age (Day of Race) \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_  
City \_\_\_\_\_ 2007 USATF # \_\_\_\_\_  
State \_\_\_\_\_ Zip code \_\_\_\_\_ T-shirt Size (circle one) S M L XL  
Daytime Phone \_\_\_\_\_ Email Address \_\_\_\_\_

For 10k Relay Runners ( 2 person, 5K each)

Team Name \_\_\_\_\_  
Team Category: (check one)  
Adult: All Female \_\_\_\_\_ All Male \_\_\_\_\_ Mixed \_\_\_\_\_  
Parent/ Child 14 and under: Mom/child \_\_\_\_\_ Dad/child \_\_\_\_\_  
Kid Team: 14 and under \_\_\_\_\_

**WAIVER/RELEASE**

In consideration of acceptance of this entry I for myself my heirs, executors, administrators and assigns, do hereby expressly release and discharge Essex County, Union County, LAM Foundation Inc., the Sneaker Factory, the race organizers, directors, sponsors and volunteers, their officers, agents, servants and employees from any and all claims, demands and actions of judgements of any kind arising out of participation in this event.

\_\_\_\_\_  
Signature of Participant (parent/guardian if under 18)

\_\_\_\_\_  
Date