

## SCHEDULE

Registration Begins at	7:45am
25 Mile Bike Tour	8:30am
12 Mile Bike tour	9:15am
Step Up 1.5 Mile Walk	9:30am
Meadow Breeze 5K Run	10:00am
Kids Sprint for The Arc	10:45am
Post Event Party and Awards	11:00am

## REGISTRATION

By mail or online at [www.ACTIVE.com](http://www.ACTIVE.com) or

[www.RaceForum.com/meadow](http://www.RaceForum.com/meadow)

## ENTRY FEES

<b>5K</b>	\$18 ( \$15 USATF ) by 10-01-07 \$20 after 10-01-07 and on event day
<b>Walk</b>	\$10
<b>12 or 25 Mile Bike Tours</b>	\$20 by 10-01-07 \$25 after 10-01-07 and on event day
<b>Kids Sprint</b>	\$5

## COURSES

<b>Bike</b>	Scenic, flat, rolling and hills. Magnificent views.
<b>5K</b>	Mostly flat, around and through beautiful Meadow Breeze Park
<b>Walk</b>	Through Meadow Breeze Park
<b>Kids Sprint</b>	Ages 2 to 11...25 to 150 yards

## SCORING

[www.compuscore.com](http://www.compuscore.com)

## AWARDS

**5K** 1,2,3 overall and age groups, male and female  
**Bike Tour, Walk and Kids Sprint**.....Finishers Medals

## AGE GROUPS

14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 plus

## PLEDGE PRIZES

Pledge prizes to individuals and teams who raise the most \$\$.

## AMENITIES

STEP UP Tee-shirt, pre-event breakfast, post event bar-b-que, random prizes, DJ, kids games

## INFO AND DIRECTIONS

732-381-0318 [www.OYMP.net](http://www.OYMP.net)

## RACE DIRECTION

On Your Mark Productions



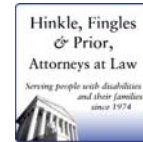
RAIN OR SHINE

# MEADOW BREEZE 5K RUN

STEP UP FOR THE ARC

Sunday, October 7, 2007

Meadow Breeze Park  
52 Kayharts Lane,  
Washington Township, NJ  
(Warren County)



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



## ENTRY FORM

Checks payable to: The Arc

Mail Entry Fees and/or Pledges to: OYMP, P.O. Box 738, Clark, NJ 07066

Last	First	
Street		
City	State	Zip
Phone	Sex	
DOB	Age on 10/07/07	

2007 USATF#

Waiver: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against, The Arc of Warren County, the Township of Washington, OYMP, their staff, officers, volunteers, successors and assigns for any injuries sustained by me in the Meadow Breeze Run/Bike/Walk. I further state that I am physically able to compete and grant the right for my photographic likeness to be used for post event publicity.

signature (parent or guardian if under 18)

date

### EVENT & FEES ( please check one )

- 5K, \$18 by 10-1-07
- 5K, \$15, USATF, by 10-1-07
- 5K, \$20 after 10-1-07 and on event day
- Walk, \$10
- 12 or 25 Mile Bike Tour, \$20 by 10-1-07
- 12 or 25 Mile Bike Tour, \$25 after 10-1-07 and on event day
- Kids Sprint for The Arc, \$5

### T-SHIRT SIZE ( Circle One )

	ADULT	
Medium	Large	X-Large
	YOUTH	
Small	Medium	Large