



Amber Pizzo Memorial 3rd Annual **5K** Road Race Fitness Walk Kids' Sprints



Sunday, July 13, 2008

Memorial Park • 29 Park Avenue • Berkeley Heights, NJ

Schedule of Events

- 8:00 am Registration & Check In**
Therapists on field for warm-up.
- 9:30 am 5K Grand Prix Run**
USATF certified. Flat course, through a tree lined neighborhood in downtown Berkeley Heights.
- 9:40 am 1.5 Mile Fitness Walk**
Suitable for strollers and dogs.
- 10:30 am Kids' Sprints**
Ages 2-7, 25-100 yards. Every child is a winner!
- 11:00 am Awards Ceremony & BBQ**

Awards

*Trophies awarded to top male and female in each age group:
14-19 thru 70 and over (in 5 year groups)*

Directions to the Event

Route 78 Exit 41 (from the east, make a right off of the exit at stop sign; from the west, turn left at the stop sign). At the bottom of the hill, turn left at the traffic light onto Plainfield Avenue towards Berkeley Heights. Straight through the first traffic light (Mountain Ave). Memorial Field will be on your left at the intersection of Park Avenue and railroad tracks.

**Kids' Events • Free BBQ
Prizes & Giveaways**

Live Entertainment • Free Parking

**REGISTER ONLINE at www.amberpizzo.com
or www.raceforum.com/pizzo**

Entry Registration Form

Sign up for (check one that applies):

- Runner Walker Kids' Sprint

Date of birth Age on day of race Sex

2008 USATF - NJ Number

Email address

Payment

**\$20 runners (by 7/11) \$12 walker (by 7/11)
\$18 USATF (by 7/11) \$25 runners/walkers (after 7/11)**
Kids sprints and children's activities are free

Mail payment to: APMF

35 Old Forge Lane
Berkeley Heights, NJ 07922

credit card registration online @ www.amberpizzo.com
or www.raceforum.com/pizzo

T-Shirt Size:

Kids S M L

Adult S M L

Womens Tank Top Size: S M L

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 Amber Pizzo Memorial Foundation and the Township of Berkeley Heights, all officials, sponsors and volunteers or their representatives, successors or assignees for any and all injuries suffered by me in this event. Further, I confirm that I am physically able to compete in this event and authorize the use of my name and/or likeness in any photographs and videotapes used in conjunction with publicity about this event.

Signature