



JCC on the Palisades

411 East Clinton Avenue, Tenafly, New Jersey 07670
www.jccotp.org • 201.569.7900



10K Run • 5K Run/Walk • Lollipop Races

Course

Relatively-flat course through the tree-lined streets of Tenafly, Englewood and Englewood Cliffs.

Amenities

- T-Shirts & Tank Tops to first 500 registrants
- Refreshments.

Early Packet Pick-up Schedule

- Thursday, May 8 • 10 am - 9 pm
- Friday, May 9 • 9 am - 4 pm

Race Day Check-In & Packet Pick-up

- 10K and 5K • 7:30 - 8:30 am

Race Schedule

- 10K • 8:45 am sharp
- 5K • 10 am
- Lollipop Races • 11 am approximately

Parking

JCC parking lot will be available throughout the morning.

Sunday, May 11, 2008

RUBIN RUN



Race for a Healthy Heart

Metro Race Forum

Benefiting programs for a healthy lifestyle.

Rain or Shine!



Online Registration

Register ONLINE at www.RaceForum.com/Rubin or www.active.com

RUBIN RUN



Race for a Healthy Heart

Rubin Run Entry Form

Please check the appropriate boxes

43-90002

43-90001

10K

5K

Lollipop Races (Free)

JCC Member Nonmember Male Female

\$20 Early Registration (Postmarked by April 27)

\$25 Late Registration (April 27 - May 11)
(Including race day registration)

Last Name

First Name

2008 USATF NJ Number (For NBGP only) - \$2 Pro-Entry Discount

Street Address

Date of Birth

Age (as of race date)

City

State

Zip

Home Phone

E-mail

RELEASE FORM: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators, waive and release any claim I may have against the JCC on the Palisades, the Boroughs of Tenafly, Englewood, Englewood Cliffs, its officers and directors, the organizing committee, the sponsoring organizations, the county of Bergen or their representatives, successors, or assignees for any injury that may be suffered by me at or in this event.

Your Signature

Date

Parent's Signature of consent (if entrant is under 18)

Babysitting (Preregistration required) (for 6 mos.+) # Children:

Ages: _____ How did you hear about the Rubin Run?

Make check payable to the JCC on the Palisades, and mail to (no refunds): JCC on the Palisades, 411 East Clinton Ave., Tenafly, NJ 07670 attn: Debbie Butti
For further information, please call Debbie Butti at 201-569-7900, ext. 406 or email dbutti@jccotp.org