

SCHEDULE: 8:15 a.m. – 9:45 a.m. Registration
 10:00 a.m. 5K & Walk Start
 11:15 a.m. Awards Ceremony

REGISTRATION: By mail or online at www.ACTIVE.com
 or www.RaceForum.com/Tomorrow

ENTRY FEES: Pre-Registration \$18 by 3/30/09
 USATF-NJ \$16 by 3/30/09
 Post-Registration \$20 After & Race Day

COURSE: Double loop park course, primarily shaded and all traffic free. USATF certified. Water Stop. Split Times.

AWARDS: 1,2,3 overall, male and female
 1,2,3 age groups, male and female

RESULTS BY: www.compuser.com

AGE GROUPS: 5 year: 14 & Under to 75 & Over

INFO: (973) 535-1181 ext. 1230
www.OYMP.net

AMENITIES: Building Tomorrows T-shirt,
 Refreshments, Random Prizes

DIRECTIONS: From Garden State Parkway South
 Exit 151- Watchung Avenue. Make right off the exit ramp towards Bloomfield/ Montclair. Right onto Broad Street. Left onto Broad Street continuance. Bear left onto Bellevue Avenue. Left into Brookdale Park.

From Garden State Parkway North:
 Exit 151 - Watchung Avenue. Make left off the exit ramp. Follow to 5th light . Right onto Broad Street. Left onto Broad Street continuance. Bear left onto Bellevue Avenue. Left into Brookdale Park.

11th Annual Building Tomorrows

5K Run/ 2 Mile Walk
 Saturday, April 4, 2009
 Brookdale Park
 Bloomfield, NJ



AWARDS & PRIZES
 When you raise money for The ARC of Essex County, you can earn fabulous prizes. We will allow two friends or family members to combine pledges for the awards.

2009 Building Tomorrows 5K ... Official Entry Form

Name _____ Phone _____ Sex (circle one) M F
 Address _____ Age (on race day) _____
 City _____ State _____ Zip _____ Date of Birth _____
 Email Address _____ '09 USATF # _____

Event(circle): 5k Walk T-shirt (5K) S M L XL

Entry Fees(please check)

\$18 pre registration \$16 USATF Member \$20 on race day

Checks payable to:
 ARC of Essex County,
 123 Naylor Avenue
 Livingston, NJ 07039

In consideration of this entry being accepted, I hereby waive and release any and all rights and claims to damage that I may have against race officials, The ARC of Essex County, staff, volunteers, and representatives for any and all injuries that I may sustain in this event. I acknowledge that I have fully read this form, and fully understand the terms and conditions contained herein. I further understand that entry fees are not refundable. I agree not to hold The ARC of Essex County responsible for any publicity used concerning this event and I grant the right to use any likeness in any photographic reward of this event.

Signed _____ Parent/Guardian Signature if participant is under 18 years of age. Date _____

For office use only: Cash \$ _____ Check \$ _____ # _____ FW