



LAR dos LEOES de N.J. DEN of LIONS

18 Gotthart Street - Newark - NJ 07105
Phone: 973-589-7878 . Fax: 973-466-0022



PORTUGAL DAY RUN 5KM 1 MILE RUN MILE - KIDDIE DASHES - WHEELCHAIR NEWARK, NJ (IRONBOUND) JUNE 14, 2009 USATF-CERTIFIED-FLAT COURSE

Time: 5KM 9:00am, Mile 9:45am Kiddy Dash to follow
Place: 82-84 Ferry St., Newark NJ
At Iberia Restaurant Parking lot

Entry-Fees:
5KM USATF MEMBER \$15, Non-USATF \$17, Postmarked by 6/8/09
(Day of race) \$20 FOR ALL
WHEELCHAIR-FREE ENTRIES

Mile \$10(postmarked by 6/8/09, \$13(Day of race)
Mile (entries close at 9:30AM)
Kiddie Dash Participants 6 and under. Free entry.

Awards:

5KM(OVERALL WINNER MALE/FEMALE)

For 1st, 2nd, 3rd, overall male/female
WHEELCHAIR- Male/Female Trophy top 3
Mile Trophies to first 3 Male/Female Medals to all participants
Kiddy Dash All participants receive medals
Awards will not be mailed, please be present for your award.

Age Groups: In five age increments for 5KM

T-Shirts: T-shirts to all pre-registrants and post-registrants while supplies last

Results and race info can be found at www.compuscore.com or www.denoflions.com

RACE PARKING ONLY- Iberia Restaurant parking lot on Congress St. only for race.

Special Thanks to all Sponsors:

IBERIA RESTAURANT
COUNCILMAN AUGUSTO AMADOR
FLEET FEET SPORTS
SEABRA GROUP
IRONBOUND AMBULANCE SQUAD
CITY OF NEWARK-NEWARK POLICE
SPT TELEVISIO-SIC INTERNATIONAL
LUSO AMERICANO NEWSPAPER
TRIUNFO IMPORT & EXPORT
RTP INTERNATIONAL
DJ JOHN AVILA
COMUNIDADES USA

Portugal Day festivities on Ferry St. Saturday and Sunday. Weekend with traditional Portuguese cuisine along Ferry St with parade at 2pm on Sunday.



Directions: From Rt 21 North right/South left turn into Edison Place onto Ferry St (one block from Newark Penn Station). Go two blocks and on the left is Iberia Restaurant.

Additional info: Trophy presentation to follow mile race. Contact: Call (201) 650-1220 after 7pm or email Cacm1969@aol.com

Mail-in Registration Form

Make Checks Payable To: Den of Lions-Sports Academy
Mail Entry To: Den of Lions, Attn: Carlos Martins-18 Gotthart St. Newark, NJ 07105

RACE
NUMBER _____

NAME: _____ SEX: _____ AGE: On race day _____

ADDRESS: _____ D.O.B. _____

CITY: _____ STATE: _____ ZIP: _____

USATF# _____

RACE TIMING CHIP# _____

RACE: Circle one 5KM Mile Wheelchair T-SHIRT SIZE: XL L M S

SIGNATURE: (Parent signature if under 18) _____

In consideration of the acceptance of this entry, I hereby waive and release all claims for damage or injury I may have against the Den of Lions, City of Newark, sponsors of the Portugal Day Races held on Sunday June 14, 2009. I attest and verify that I am physically fit and have trained sufficiently for this race.