

2009 rubinrun
Kaplen JCC on the Palisades

FAMILIES REACHING FOR THE BEST



Fitness + Fun: A Family Connection 5.10.09



10K Run & 5K Run/Walk

Pristine tree-lined course through Tenafly, Englewood + Englewood Cliffs. State of the art timing provided by CompuScore.
•Great giveaways for all entrants!

Packet Pick-up Schedule

• Thursday, May 7, 10 am - 8 pm OR Friday, May 8, 9 am - 4 pm

Race Day Check-In & Registration

• 10K: 7:30am - 8:30 am • 5K: 8:30am - 9:30 am
•Free! Babysitting available 8:30 am to noon

Race Schedule (Rain or Shine)

• 10K: 8:45 am sharp • 5K: 10 am sharp

For the Family

•8:30am + 9:45am: Pre-Race Stretch
•10am-12pm: Kids Carnival | 10am-12pm: Continental Breakfast

EARLY PRE-REGISTRATION PRIZES

Trophies will be awarded to the top three male and female finishers in the 10k and 5k races as well as the top finishers in every age category. Registration must be postmarked by May 4.

For more information call Oumar Soumare at 201.569.7900 ext. 402 or fax 201.569.7448 or email osoumare@jccotp.org

Register at: www.RaceForum.com/Rubin

10K Run 5K Run/Walk Shirt Size S _ M _ L _ XL _ XXL _
 ___ JCC Member ___ Nonmember ___ Male ___ Female ___ Individual *Team Name _____

\$20 Early Registration (Postmarked by May 4) \$25 Late Registration (May 4-May 10)
 (including race day registration)

Last Name _____ First Name _____ 2008 USATF NJ Number (For NBGP only) - \$2 Pre-Entry Discount _____

Street _____ City _____ State _____ Zip _____

Home Phone _____ E-mail _____ Date of Birth _____ Age (as of race date) _____

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 Kaplen 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.

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

Register online at www.active.com *All teams must report to registration table at least 15 minutes prior to race start.

2009 Rubin Run Entry Form
 Return this form + make check payable to: Kaplen JCC on the Palisades 411 E. Clinton Avenue | Tenafly, NJ 07670 | www.jccotp.org

