

SCHEDULE

- Registration 8:30 am
- 5K 10:00 am
- Kids 1/2 Mile Fun Run 10:45 am
- Awards 11:15 am

REGISTRATION

By mail or online at www.irasrun.com,
www.practicehard.com or www.raceforum.com/irasrun

FEES

- 5K \$18 by 10/26
\$16 USATF by 10/26
\$25 after 10/26 & race day
- Kid's Fun Run \$10

COURSE

Flat and hills. USATF certified, through upscale residential neighborhoods. Mile clocks, water stop.

SCORING

www.compucore.com

CASH PRIZES

Top 3 male/female overall: 1. \$400 2. \$250 3. \$100

AWARDS

- 5 year age groups • 14 & Under to 70 & Over
- Finishers Medals to all 14 & Under • Top 3 Stroller Finishers

AMENITIES

Face painting and balloons, Arts and Crafts Center by The Art Place, Kids races/sports by CMEK (ages 3-7), Random Prize Drawings, T-Shirt, Refreshments and DJ.

KIDS 1/2 MILE FUN RUN

For Kids 2-11 • Top 3 Boys/Girls get medals

INFORMATION

910.686.0026 • www.irasrun.com • www.OYMP.net

16th Annual 5K

IRA'S RUN

5K & Kids Fun Run
Sunday, November 1, 2009
Madison Park, Englewood, NJ
 (Madison Avenue near Broad Avenue)

All proceeds from Ira's Run will be used to help support the children, families and communities dealing with illness and disabilities.



www.OYMP.net

CMEK
★ ALL STARS ★

THE ART PLACE
Come to create. Leave with so much more.

Rain or Shine

2009 IRA'S RUN ENTRY FORM

Each participant must complete an application

Please make checks payable to Ira's Run
 Mail to Will to Win, PO Box 6, Hammonton, NJ 08037

Event Entered 5K Kids Fun Run

Waiver must be signed by parents for Kids Fun Run.

Fees (please check)

Event	Through 10/26	After 10/26
<input type="checkbox"/> 5K	\$18.00	\$25.00
<input type="checkbox"/> 5K (USATF Member)	\$16.00	\$25.00
<input type="checkbox"/> Kid's Fun Run	\$10	

last name first name

street city state zip

male female

telephone email

age on November 1, 2009 date of birth 2009 USATF #

WAIVER: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive any claim that I may have against the City of Englewood, Bergen County, The Sohn and Lissauer Families, OYMP or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am physically able to compete in this event.

I cannot join in the fun but enclosed is a check for:

I would like to be a volunteer for The Run:

signature (parent/guardian if under 18) date

T-Shirt Size

S M L XL YS YM YL