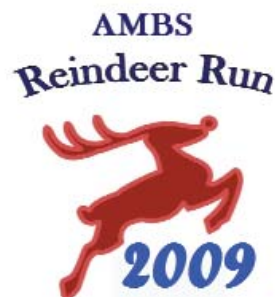


# AMBS Reindeer Run

## 8th Annual 5K Run & 1 Mile Fun Run

Saturday December 5, 2009



**Location:**

Academy of the Most Blessed Sacrament  
785 Franklin Lake Road, Franklin Lakes, NJ

**Registration:** By mail or online at  
www.amsreindeerrun.net or www.ACTIVE.com  
or www.RaceForum.com/Reindeer

**Schedule:**

**Registration:** December 4th 5:30 p.m. - 7:00 p.m.  
December 5th 8:00 a.m.

**5K Run:** 9:30 a.m.  
USATF certified  
USATF New Jersey 500 Point Grand Prix Event

**1 Mile Fun Run:** 10:30 a.m.

**Awards Presentation:** 10:45 a.m.  
Top 1, 2, 3 overall, male and female and in 5 year  
age groups. Ribbons for Fun Run participants.

**Amenities:** DJ & Refreshments in a family friendly  
environment. Custom T-shirts for 5K and Fun Run  
Indoor registration and festivities.  
Academy of the Most Blessed Sacrament  
785 Franklin Lake Road, Franklin Lakes, NJ



For Additional Information:  
www.amsreindeerrun.com  
www.OYMP.net

or  
Call 973-508-3601

Please make checks payable to:  
AMBS- HAP Reindeer Run  
P.O. Box 434, Franklin Lakes, NJ 07417

Event	Entry Fee
5K	\$23 by 12/1 \$21 USATF by 12/1 \$25 after 12/1
Fun Run	\$10



**Directions:** Route 287 (N or S) - Exit 59 (Franklin Lakes/Route 208) - Exit High Mountain Road/Colonial Road - Left at bottom of exit ramp - AMBS 1mile on left Garden State Parkway (N or S) to Route 4 to Route 208 - Exit Ewing Avenue - Left onto Ewing- First Light Right onto Franklin Lake Road - AMBS 1/2 mile on right

### Official Entry Form

Are you a returning runner? Yes  No

2009

Reindeer Run

last name

first name

street

city

state

zip

phone

date of birth

age on race day

2009 USATF#

email: \_\_\_\_\_ sex: \_\_\_\_\_ Event Entered: 5K  Fun Run

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against Most Blessed Sacrament Church and Academy, Borough of Franklin Lakes and On Your Mark Productions for injury or damage which may occur due to my participation in this race.  
Signature (parent or guardian if under 18) \_\_\_\_\_ date \_\_\_\_\_