



AWARDS

- Hawk Nest Award - Best Time Overall (M & F)
- Paul Lenczuk Award - Fastest Mile Award
- Al Long Award - Best time in Senior Category (50 yrs +)
- John Nagel Award - Best Time in High School Female Category
- Tommy Downes Award - Best Time in High School Male Category
- De La Salle Brothers Award - Fastest Team award

BENEFIT

On April 11, 2008, Hudson Catholic announced that the school was to close on June 30, 2008, due to declining enrollment and a rising deficit. A campaign was started to save Hudson Catholic Regional High School led by current students, alumni, faculty, and the surrounding community. On May 7, 2008, it was announced that the school would stay open so long as it can sustain the day to day operation.

All proceeds from Hudson Catholic 5k/2K Challenge will go towards Hudson Catholic's future development and ongoing mission to remain in operation.

REGISTRATION FORM

The Hawk Challenge is open to runners of every ability: racers, runners, slow joggers and even fast walkers.

LAST NAME: _____

FIRST NAME: _____

USATF#: _____

ADDRESS:

Street: _____

City: _____

State: _____

Zip: _____

E-mail: _____

DATE OF BIRTHDAY: _____

AGE ON RACE DAY: _____

MALE / FEMALE: _____

T-SHIRT SIZE: (circle one) S M L XL

HIGH SCHOOL STUDENTS

School Name: _____

Grade: _____

TEAM NAME: _____

of people on team: _____

EVENT INFORMATION

DISTANCES: 5K Run (3.1 miles)
2K Walk

COURSE: Timing by COMPUSCORE.
USATF Certified.
Scenic tour of Jersey City. Flat with
several hills, mile markers, and water stops.

WEBSITE: www.hudsoncatholic.org

WHEN: November 20, 2010 (RAIN or SHINE)

START&FINISH: Hudson Catholic High School
790 Bergen Avenue

TIME: Registration and Check In - 7:30 A.M.
Registration closes - 8:45 A.M.
Runners Line Up - 8:50 A.M.
5K Run/Team Challenge - 9:00 A.M.
Hawk Walk - 9:30 am

ENTRY FEE: 5K Early Entrance Fee - \$20
USATF NJ Member - \$18
Students - \$8
Hawk Walk - \$10

RACE DAY FEES
5k Run - \$25
Hawk Walk -\$15

TEAM CHALLENGE

In addition to individual timing/scoring, we are introducing a "TEAM CHALLENGE." This is an open division, multi-category competition.

To participate:

Three or more people must register early using same team name.

Finish times of first three people are totaled for team score. Coed teams are required to have a member of each gender scored.

ONLINE REGISTRATION and PAYMENT available until 11/18:
Please see www.compuscorereg.com

MAIL-IN REGISTRATION:
Make Checks Payable to:

**Hudson Catholic High School
790 Bergen Avenue
Jersey City, NJ 07306
ATTN: HAWK CHALLENGE 2010**

CONTACTS:

Calvin Liming – Class of 2007
Dennis Miguel – Class of 1997
Daniel Niekrasz – Class of 2007
Eduardo Pena – Class of 1990
973.900.2427