

October 17, 2010

5 K Run/ 1 Mile Fun Run & Walk

Kids Races and Special Events
For All Ages

Presented by the Big "L" Club,
the Livingston Education Foundation
and the West Essex YMCA



USATF Certified Clocks at each mile

Experience this exciting Inaugural Event (rain or shine) - whether you are 8 or 88.
There will be something for everyone on October 17, 2010. Come and enjoy this special day.

8:00 am	Registration Opens/ Packet Pick-up in back of Livingston High School	Location: Livingston HS, Robert Harp Drive, Livingston, New Jersey From the Garden State Parkway: Exit 145 to 280 West Exit at 5A. Bear right as you exit traveling along Livingston Ave. Go to 5 th traffic light (about 2 miles). Turn right into Memorial Park towards the high school From Route 10: Rt. 10 East to Livingston Circle. Continue straight on Rt. 10 after the Circle to the 3 rd light at South Livingston Ave. Turn right. Continue 3 more lights to Memorial Park. Turn right into Memorial Park toward the high school ahead From Route 24: Exit 7C, Short Hills Mall traveling north on JFK Parkway. Continue to the 4 th light, turning left on Memorial Park to the high school
9:00am-12:00pm	Children's Races & Special Events, along with A Health & Wellness Fair	
9:45am	1 Mile Fun Run/Walk - Starting in front of Livingston HS	
10:15am	5K Run for ages 13 and up - Starting in front of Livingston HS	
11:15 am	Awards ceremony	
First 400 entrants of 5K Run/1 Mile Fun Run/Walk are guaranteed a T-shirt; first 400 student entrants, ages 5-12, are guaranteed a medal Results: www.compucore.com Refreshments for all 5K and 1 Mile Fun Run/Walk Entrants		

EVENT: 5 K Run 1 Mile Run/Walk Children's Races & Events GENDER: Male Female

Fee: 5K Run - \$20.00 by 9/17 - \$25.00 after 9/17 and on race day
1 Mile Fun Run/Walk - \$15.00 by 9/17 - \$20.00 after 9/17 and on race day
Children's Races and Special Events, ages 5-12 - \$10.00 by 9/17 - \$12.00 after 9/17 and on race day
USATF Members only: \$18.00 if payment received by 10/7/10

Make checks payable to: Livingston 5K Run and mail to: OR - pay by credit card:

LIVINGSTON 5k RUN
Monte Ehrenkrantz
c/o Regal Bank
570 W. Mt. Pleasant Ave
Livingston, New Jersey 07039

The signature below authorizes the 5K run to entrance fee for This event.

VISA MASTERCARD
Credit Card Number: _____
Exp. Date: _____ Security Code No. _____
Billing Address: _____

First Name: _____ Last Name: _____
 Address _____ City/State/Zip: _____
 Phone: _____ E-mail _____
 Age on Race Day _____ DOB _____ USATF# _____ ADULT SHIRT SIZE S, M, L, X

In consideration for the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators, and assignees, hereby release myself, discharge the Township of Livingston, the Livingston 5K Run, the Big L Club, the West Essex YMCA, the Livingston Education Foundation, associated sponsors, their staff, officials, volunteers, USA Track & Field, and all other sponsors or beneficiaries and their representatives, successors and assigns, for all claims for damages and causes of action arising out of my participation in the Livingston 5K Run, the 1 Mile Fun Run/Walk and other special events. I attest that I am physically fit and I am able to participate in any of these events. I hereby grant permission to the Livingston 5K Run and any other sponsors of this event to use all information submitted in this application, and any record of this race containing my likeness, as well as race results, including my name and competition time, for any purpose whatsoever, including, but not limited to pre race publicity. I hereby certify that I have read all the terms and conditions of this Release and intend to be legally bound thereby.

SIGNATURE: (Parent or Guardian if under 18 years of age) _____
For more information contact - Arnold Gerst, Chairman at dgerst@comcast.net or (973) 477-7108