



Join us at beautiful Branch Brook Park for the inaugural Soles for Souls 5K. An event for the entire family

SATURDAY  
OCTOBER 2, 2010  
BRANCH BROOK PARK  
(Elwood Avenue Entrance)  
NEWARK, NJ

**DATE & LOCATION**

Saturday, October 2, 2010  
Branch Brook Park  
(Elwood Avenue Entrance)  
Newark, NJ

**SCHEDULE**

8:00am Registration  
9:30am 5K Run  
9:45am 3K Walk  
10:30am Kids' Dashes  
10:45 Awards Ceremony

**ENTRY FEES** (Must be postmarked by 9-24)  
5K & Walk \$17 (\$15 USATF by 9-27)  
\$20 after 9-27 and on race day  
Kids' Dashes \$7

**COURSE**

USATF certified (5K) on traffic free park roads.  
Mile clocks. 2 water Stops. Mostly flat loop course.

**AWARDS**

5K- 1, 2, 3 overall, male and female  
1, 2, 3 in each age group  
Walk & Kids' Dashes- Ribbons to all finishers

**REGISTRATION**

By mail or online at  
www.raceforum.com/solesforsouls

**TEAMS**

High Schools and Parishes:  
Call 973.497.4137 for Team Application

**AGE GROUPS**

5 year: 14 & under to 80 and over

**SCORING**

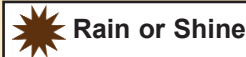
www.compuscore.com

**INFORMATION**

sotolili@rcan.org ■ 973.497.4353  
www.oym.net ■ 908.902.8587

**AMENITIES**

Soles for Souls t-shirt. Great food.  
Random prizes. DJ. Kids' activities.



**Thanks to our Wonderful Sponsors!!!**

Knights of Columbus  
Paragano Family Foundation  
Nanina's in the Park

**SOLES FOR SOULS 5K ENTRY FORM**

Please make checks payable to: Archdiocese of Newark ■ Memo: Soles for Souls  
Mail to: Office for Evangelization ■ Archdiocese of Newark ■ 171 Clifton Avenue ■ Newark, NJ 07104

\_\_\_\_\_

last name first name

\_\_\_\_\_

street

\_\_\_\_\_

city state zip

\_\_\_\_\_

phone age on race day date of birth gender

\_\_\_\_\_

email 2010 USATF#

**ENTRY FEES (please check)**

- 5K and Walk, \$17 by 9/27
- 5K and Walk, \$15 USATF by 9/27
- 5K and Walk, \$20 after 9/27 & on race day
- Kids' Dashes, \$7
- I can't participate, but here is my donation of \$ \_\_\_\_\_

**MUST BE POSTMARKED BY 9/24**

**Event Entered...check one**

- 5K Race
- 3K Walk
- Kids' Dashes

**T-Shirt Size (please check)**

- Adults**  S  M  L  XL
- Kids**  S  M  L (For Kids' Dashes Only)

**Waiver Release:** In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive & release any claims I may have against the Archdiocese of Newark, County of Essex, On Your Mark Productions, their staff, officers, volunteers, successors and assigns for any injuries sustained by me in the Soles for Souls 5K Further, I state that I am physically able to participate in this event and grant the right to use my likeness in any photographic record of Soles for Souls 5K.

signature (parent or guardian if participant is under 18) date