



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

Proceeds from Hudson Catholic 5k/2K Challenge will go towards Hudson Catholic's future development.

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

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 19, 2011 (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 – **FREE**
Hawk Walk - \$10

RACE DAY FEES
5k Run - \$25
Hawk Walk -\$15
Students – **FREE**

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 11/17:
Please see www.compuscoreg.com

MAIL-IN REGISTRATION:

Make Checks Payable to:

Hudson Catholic High School
790 Bergen Avenue
Jersey City, NJ 07306
ATTN: HAWK CHALLENGE 2011

CONTACTS:

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