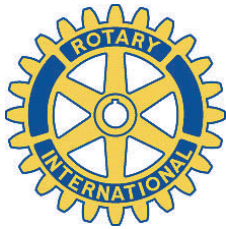


FAIR LAWN SUNRISE ROTARY



PRESENTS 1ST DAY 5K Run

& 3 K FAMILY WALK

To Benefit
Rotary Charities
&
The Rotary Gift of Life



Where:
January 1, 2014
Memorial Middle School
12-00 1st St., Fair Lawn, NJ

USATF-NJ Certification # NJ04038LMB
USATF-NJ Points Awarded
www.1stDay5K.org

Entry Fees:

Pre-Registration—\$25
USATF-NJ Members Pre Reg.—\$23
Children under 18-- \$18
Day of Race: Adults/Children: \$28 /\$20
2 Adults w/Minor Children \$70

Schedule of Events:

9:30 am— Check In
10:45 am— Runner Briefing
11:00 am— 5k Run/Walk Begins
12:00 pm— Awards & Raffles

New for 2014:
Automated
Timing Chips!

Amenities:

T-Shirts (1st 350 Registrants)*
Race Packets
Post-race refreshments
Plenty of Parking
Rest Room facility
Locker Room

Contact: Dan Dunay @ 201-500-5329
or Honey Kleinberg @ 201-797-3262
for more information.
Email: FirstDay5k@gmail.com



Please mail Entry form and Check to:
Dan Dunay C/O Fair Lawn Sunrise Rotary
PO Box 112, Fair Lawn, NJ 07410

Make Check Payable To: Fair Lawn Sunrise Rotary

Day of Race Awards:

Medals for Top 3 Male & Female in the following categories:

| | | | | | |
|----------|-------|-------|-------|-------|------|
| 14 Under | 25-29 | 40-44 | 55-59 | 70-74 | 85 + |
| 15-18 | 30-34 | 45-49 | 60-64 | 75-79 | |
| 19-24 | 35-39 | 50-54 | 65-69 | 80-84 | |

OFFICIAL ENTRY FORM

ALL REGISTRATIONS MUST BE RECEIVED BY DECEMBER 23, 2013

Last Name: _____ First Name: _____

Street Address _____ Email: _____

City: _____ State: _____ Zip: _____ Running Club _____

Phone: _____ Date of Birth: _____ Age: _____ Sex: **M / F**

Please Circle Event: **5K Run Grand Prix Event** or **3K Fun Walk (Course not certified)**

*T-Shirt Size: **S M L XL (size not guaranteed)** USATF-NJ '13 # _____

In consideration of this entry being accepted, I hereby for Heirs, executors, administrators, and myself waive any claim that I may have against the Fair Lawn Sunrise Rotary and the Borough of Fair Lawn, Fair Lawn Volunteer Ambulance Corps, Fair Lawn Police Dept, or their representatives, successors, or assignees for any injuries that may be suffered by me in this event. I do hereby certify that I am in physical condition for this event.

Signature: _____ Parent Signature (if under 18): _____ Date: _____

WWW.1stDay5K.Org