

FAIR LAWN SUNRISE ROTARY PRESENTS



1ST DAY 5K

RUN & FAMILY WALK

TO BENEFIT
ROTARY CHARITIES
&
THE ROTARY GIFT OF LIFE



Where:

January 1, 2009
Memorial Middle School
Fair Lawn, NJ

USATF Certification # NJ020141MB
USATF Points Awarded
www.1stDay5K.org

Entry Fees:

Pre-Registration \$18
USATF Members Pre Reg. \$15
Day of Race \$20
Children under 18 \$10

Schedule of Events:

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

Contact Peter Michelotti
201-791-0101 or Honey
Morgenstern 201-797-3262
for more information.

\$50 Family Max

Amenities:

T-Shirts (1st 300 Registrants)
Race Packets
Post-race refreshments
Plenty of Parking
Rest Room facility
Locker Room

Awards:

Trophies for Top Male & Female

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

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



Please mail Entry form and Check to:
Peter Michelotti
Community Bank of Bergen County
12-79 River Rd, Fair Lawn, NJ 07410

OFFICIAL ENTRY FORM

Pre-registration ends December 29, 2008

Make Check Payable To: Fair Lawn Sunrise Rotary

Last Name: _____ First Name: _____

Street Address _____

City: _____ State: _____ Zip: _____

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

Event: **5K Run / 5K Walk** T-Shirt Size: **S M L XL** USATF-NJ '09# _____

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