

Schedule

8:00 am Registration Begins
 9:30 am 5K Start
 10:10 am 1 Mile Ramble
 Run/Walk/Wheel/Stroll
 10:30 am Kids' Dashes

Registration

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

NO REFUNDS, TRANSFERS OR DEFERRALS.

Entry Fees

5K	by October 14	\$23
	USATF Members	\$20
	After October 14 and on race day	\$25
	1 Mile Ramble	\$10
	Kids' Dashes	\$7

CPL 11th Annual 5K Breakfast Run



Saturday, October 19, 2013

Course

5K—USATF certified, flat, fast, through Commerce Business Park
 Kids' Dashes—Ages 2-11, 30—200 yards
 "Field of Dreams" track

Awards

5K - 1, 2, 3, Overall & Age Groups,
 Male & Female

Age Groups

5 years -14 & under to 85 & over

1 Mile Ramble - Ribbon to all Ramblers
 Kids' Dashes - Ribbon to all Finishers



LOCATION
 Cerebral Palsy League
 61 Myrtle Street
 Cranford, NJ 07016

INFORMATION
www.thecplinc.org or
[WWW.OYMP.NET](http://www.OYMP.NET)
 908-902-8587



_____ 5K \$23 by October 14 _____ 5K \$20 USATF members _____ 5K \$25 After October 14 and on race day
 _____ 1 Mile Ramble \$10 _____ Kids' Dashes \$7

Adult T-Shirt Size _____ S _____ M _____ L _____ XL Kids T-Shirt Size _____ YS _____ YM _____ YL

Checks payable to: The Cerebral Palsy League
 Mail to: The Cerebral Palsy League, 61 Myrtle Street, Cranford, NJ 07016

First Name _____ Last Name _____

Street _____ City _____ State _____ Zip _____

Phone _____ Date of Birth _____ Age on Race Day _____ 2013 USATF-NJ # _____

I am unable to participate but would like to support The Cerebral Palsy League with my donation of _____. E-mail _____ Sex _____

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, & administrators waive & release any claims I may have against The Township of Cranford, The Cerebral Palsy League, Inc., On Your Mark Productions, their staff, officers, volunteers, successors and assigns for any and all injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

Signature _____ Date _____ Signature of parent if under 18 _____

Direct Link to Online Registration

www.RaceForum.com/CPL

