CPL 14th Annual
5K Breakfast Run

CPL Breakfast Run
Helping others one step at a time

new balance
North Jersey
2016
Grand Prix

Saturday, October 15, 2016

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 10th	$23
	USATF Members	$20
	After October 10 and on race day	$25
	1 Mile Ramble	$10
	Kids' Dashes	$7

USATF
NEW JERSEY
500 Point Event

LOCATION
Cerebral Palsy League
61 Myrtle Street
Cranford, NJ 07016
INFORMATION
call
(908) 709-1800 ext.1128

Free Continental Breakfast
Family Fun
Custom Designed T-Shirt Awards

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

Race day phone number: 732-895-0613

_____ 5K $23 by October 10 _____ 5K $20 USATF members _____5K $25 After October 10 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

Postmark By October 7, 2016

First Name Last Name

Street City State Zip

Phone Date of Birth Age on Race Day 2016 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