

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



Entry Fees:

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

\$50 Family Max



Amenities:

5K T-Shirts (First Two Hundred Paid Runners)
Race Packets
Post-race refreshments
Plenty of Parking
Rest Room facility
Locker Room

Trophies for Top Male & Female

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

14 Under	30-39	60-69
15-18	40-49	70 and over
19-29	50-59	

January 1, 2007
Memorial Middle School
Fair Lawn, NJ

POSTAGE
REQUIRED

Fair Lawn Sunrise Rotary
12-79 River Road
Fair Lawn, NJ 07410

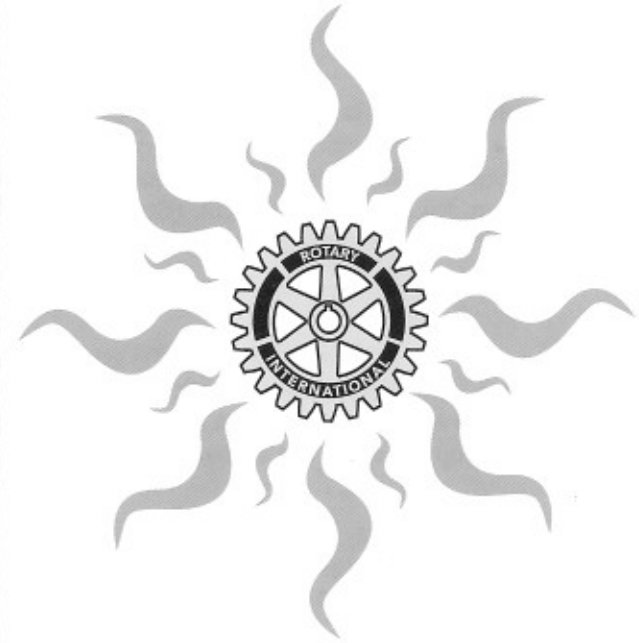
Fair Lawn Sunrise Rotary

PRESENTS

1ST DAY 5K

RUN & FAMILY WALK

PROCEEDS WILL BENEFIT ROTARY CHARITIES



January 1, 2007
Memorial Middle School
Fair Lawn, NJ

DIRECTIONS TO 1st Day 5K

Memorial Middle School
1st Street, Fair Lawn, NJ 07410

From Route 80: Traveling East Bound get off at exit 61, Route 507 Garfield, Elmwood Park, go to end of ramp and turn **left** onto River Drive. Follow River Drive for about three miles. Make a left onto Berdan Ave. (Friendly's Restaurant on corner), Memorial School is at the end of Berdan Ave.

Traveling West Bound get off at exit 61, Route 507 Garfield, Elmwood Park, make **right** at end of ramp onto River Drive. Follow River Drive for about three miles. Make a left onto Berdan Ave. (Friendly's Restaurant on corner), Memorial School is at the end of Berdan Ave.

Route 208: Traveling north on 208 get off at **second** Fair Lawn Ave exit. (Fair Lawn Avenue West). Go to second light (River Rd.) and make a **left**. Continue on River Rd. to next light, (Berdan Ave.) and make right. Memorial School is at the end of Berdan Ave.

Traveling south on 208 get off at Berdan Ave. exit. (**Next exit past the Fair Lawn Avenue exit**) Continue straight until you can't go any further. Memorial School is at the end of Berdan Ave.

Garden State Parkway South: Follow to Bergen tolls, **stay to right side at tollbooth**. Take exit for Route 80 West and use directions from above.

Garden State Parkway North: Follow to just before Bergen Tolls, exit 159. Follow directions for Route 80 West and use directions from above.

George Washington Bridge: Follow signs for Route 80 West and use directions from above.

For more information regarding Rotary and the 1st Day 5K please log on to www.1stday5k.org or contact Peter Michelotti at (201) 791-0101.

If you wish to sign up for this event online please visit www.active.com.

USATF Certification #
NJ02014LMB
USATF Points Awarded

**Beat the Course Record
15 Min - 39 Sec.**



Please mail Entry form and Check to:

Sunrise Rotary Club of Fair Lawn
C/O Peter A Michelotti
12-79 River Road
Fair Lawn, NJ 07410

Enter your club or organizations name in order to be included in special awards categories.

OFFICIAL ENTRY FORM

Make Check Payable To: *Fair Lawn Sunrise Rotary*

Last Name: _____ First Name: _____

Street Address: _____ Organization Name: _____

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 '06-07 # _____

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

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 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.