



AMBS REINDEER RUN

12TH ANNUAL 5K RUN & 1 MILE FUN RUN

SATURDAY, DECEMBER 7, 2013

Franklin Lakes, NJ



Registration/Pick-Up:
Friday 12/6 - 5:30-7 p.m.
Saturday 12/7 - 8:00 a.m.

Event Day Schedule:
5K Run - 9:30 a.m.
1M Fun Run - 10:30 a.m.
Awards - 10:45 a.m.

Holiday DJ Entertainment
Festive Post-Race Refreshments
Indoor Registration & Restrooms
Custom Shirts with Entry
Random Prize Drawings

Entry Fees:
5K pre-entry - \$25
5K pre Usatf-NJ - \$22
5K (12/6 or 7) - \$30
1M Fun Run - \$10

Online registration closes on 12/5.
Mail entries accepted through 12/3.

***5K Timing/Scoring with B-Tags**
***Results at www.BestRace.com**

Visit us at:
www.AMBS5K.com

Information:
Sports A/R: 908-245-3000
tears@practicehard.com



Reindeer Run 2013

***Top 3 overall (m/f) and in 5 year age groups (10 & under through 85+)**
***USATF certified flat & rolling 5K in residential, scenic Franklin Lakes.**

Directions (GPS address):
785 Franklin Lake Rd.
Franklin Lakes, NJ

Register Online at

PracticeHard.com

2013 AMBS Reindeer Run

Checks to: AMBS-HAP Reindeer Run
P.O. Box 434, Franklin Lakes, NJ 07417

FIRST NAME				
LAST NAME				
BIRTH DATE	AGE	SEX		
<input type="checkbox"/> 5K Run	Shirt Size - Circle One			
<input type="checkbox"/> 1M Fun Run	YS	YM	YL	S M L XL 2X

STREET			
CITY			
STATE		ZIP	
PHONE			
E-MAIL			
2013-USATF-NJ#			

Shirts guaranteed to pre-registrants; as available to event day registrants.

Are you a returning runner? Yes No

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against AMBS, AMBS-HAP, Sports Action Reaction LLC, the Borough of Franklin Lakes, and any and all parties, groups, organizations, volunteers, sponsors, and/or any representatives involved in the AMBS Reindeer Run events for any and all injuries which I may suffer as a result of my participation in this event. I certify that I am physically able to participate in this event. I agree to abide by and cooperate with the race officials' instructions and decisions. I understand safety is the top priority of this event; dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course; and my entry fee is non-refundable for any/all reasons including unavoidable event cancellation/rescheduling. By providing my email address, I hereby authorize AMBS-HAP and/or Sports A/R, to send me emails regarding this or similar events. I grant full permission to use any photo, video, recording or other record of my attendance at this event for legitimate purposes without compensation or remuneration.

academy of the most blessed sacrament

December 7, 2013

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18