



**JUNIOR LEAGUE OF  
MONTCLAIR-NEWARK, INC.**  
*Women building better communities*



**CONTRIBUTORS:**

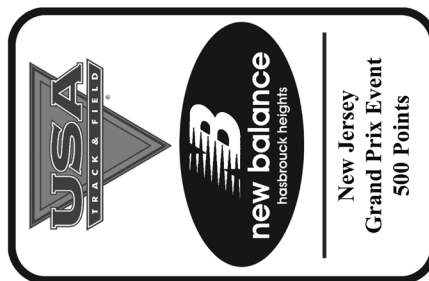
- Amanti Vino
- Ashley's Soccer Camps
- Bill Wing Tennis Academy
- Claude the Dog
- Egan & Sons
- Fleet Feet Sports
- Rachel Hoffmeyer, Healthy Nutritionist
- Nauna's Bella Casa
- O'Boyle Landscaping
- Pain & Stress Relief Studio
- Rebecca Johns Holistic Nourishment Services
- RoadID
- Runner's World
- Schuman's Speed and Sport Center
- Shawn Rank Personal Training...  
"Feeling Stronger Everyday"
- Soccer Domain
- The Chocolate Path
- The Printer's Place
- Under the Pavilion
- Whole Foods Market

*\*Contributors as of April 14, 2007*

The Junior League of Montclair-Newark, Inc. (JLMN) is an organization of women committed to promoting volunteerism and to improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

The JLMN reaches out to women of all races, religions and national origins, who have reached the age of 21, who demonstrate an interest in and a commitment to volunteerism.

  
**JUNIOR LEAGUE OF  
MONTCLAIR-NEWARK, INC.**  
*Women building better communities*  
40 South Fullerton Ave.  
Montclair, NJ 07042



New Jersey  
Grand Prix Event  
500 Points



**JUNIOR LEAGUE OF  
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**for CHALLENGE  
CHANGE 5K**

**Rise to the challenge and make a commitment to change!** For some, this race will be a personal challenge to see how fast and far their amazing bodies can go. For others, this race is about creating awareness for health and nutrition issues. Whatever your reason, whatever your goal, join us to make a difference by running or walking the **JLMN Challenge for Change 5K**.

**Sunday, May 20, 2007**

**8:30 a.m. Runners Check-In  
9:00 a.m. Race Starts**

**Soccer Domain  
14 Depot Square  
Montclair, New Jersey**

All proceeds benefit health and nutrition initiatives and community service projects supported by the Junior League of Montclair-Newark, Inc. The Junior League of Montclair-Newark is a nonprofit organization of trained volunteers. Through hands-on projects and partnerships, our 500 members build a better community by promoting education, health and wellness, literacy and the arts for 5,000 children at risk each year.



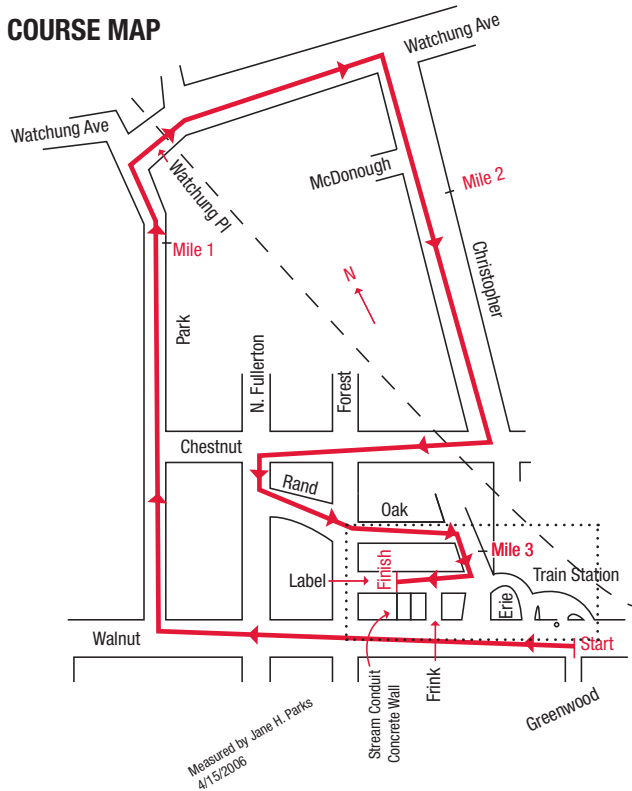
**Join the Junior League of Montclair-Newark  
Challenge for Change 5K Run**

**WHEN: Sunday, May 20th, 2007**

- 8:30 a.m. Runners check-in**
- 9:00 a.m. Race starts**
- 10:30 a.m. Awards Ceremony begins**
- 11:00 a.m. - 1:00 p.m. After Run Fun Event**

**WHERE: Soccer Domain  
14 Depot Square  
Montclair, New Jersey  
(near the Walnut Street Train Station)**

**COURSE MAP**



The Challenge for Change 5K Run is a USATF-NJ 500 point race. This race is open to runners, joggers, and walkers of every ability.

**CHALLENGE FOR CHANGE 5K RUN COURSE:**

Race Registration and Awards Ceremony will take place at Soccer Domain, 14 Depot Square in Montclair. The USATF Certified NJ06507JHP course is mostly downhill and traverses Montclair's historic neighborhoods.

**AWARDS AND AFTER RUN FUN:**

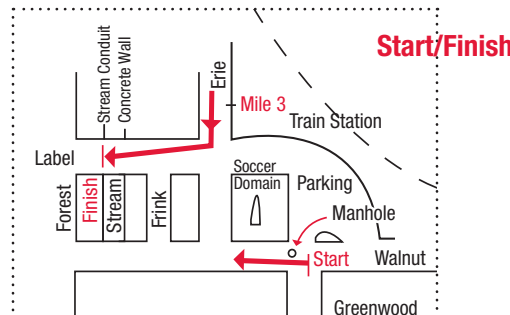
Join us after the race for the Awards Ceremony and After Run Fun Event. Kids' activities, fitness demonstrations, nutrition consultations, great raffle prizes, healthy refreshments and more!

**ENTRY FEES AND REGISTRATION:**

- Prior to May 15th \$20.00**
- After May 15th and on-site: \$25.00**
- After Run Fun Event and Children's Races (Ages 2-12) \$7.00 per child**

Register online at [www.jlmmn.org](http://www.jlmmn.org) OR [active.com](http://active.com)

For additional information or questions, please e-mail us at [challengeforchange5k@yahoo.com](mailto:challengeforchange5k@yahoo.com) or call 973.746.2499.



**OFFICIAL ENTRY FORM:**

NAME \_\_\_\_\_  
 STREET ADDRESS \_\_\_\_\_  
 CITY/STATE/ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 DATE OF BIRTH \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_  
 USATF-NJ # \_\_\_\_\_

GENDER: MALE  FEMALE

First 250 runners at check-in receive a free Challenge for Change 5K Run t-shirt.

ADULT T-SHIRT SIZE \_\_\_\_\_ YOUTH T-SHIRT SIZE \_\_\_\_\_  
S M L XL S M L XL

**FEES (\$2 pre-registration discount to USATF-NJ members)**

- Prior to May 15th \$20.00
  - After May 15th and on-site: \$25.00
  - After Run Fun Event and Children's Races (Ages 2-12) \$7.00
- Number of Children \_\_\_\_\_

No, I can't participate but please accept my donation of \$ \_\_\_\_\_

Visa  MasterCard  American Express

Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Name as it appears on the credit card \_\_\_\_\_

Signature \_\_\_\_\_

Total Fee: \_\_\_\_\_

**CHECK PAYABLE TO: JLMN**

40 South Fullerton Avenue  
 Montclair, NJ 07042

**WAIVER**

LIABILITY AND PUBLICITY RELEASE: (failure to sign with date will delay processing of your application.) Please accept my entry in the JLMN Challenge for Change 5k Run/Walk. I, for myself, my executors, administrators and assignees, do hereby release and discharge the JLMN Challenge for Change 5k Run/Walk, JLMN, Inc., The Township of Montclair, officials, sponsors, and volunteers from damages of injuries occasioned by my participation in the race. I also authorize the JLMN officials to utilize my name as well as any photographs and video tape of my participation in the race for any and all purposes. By signing my name below, I hereby certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Participant Signature or Guardian if under age 18 \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/2007

**Official Use Only**