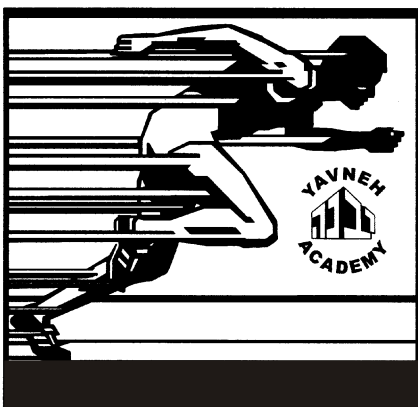


Westfield®
Garden State Plaza
5K Run

&
The Benjamin Schwartz Memorial
1 Mile Fun Run/Walk



November 8, 2009
Garden State Plaza
Paramus, NJ

5K - 8:45am Mile - 9:30am

FEATURING

No Online Processing Fees
USATF Certified Course
USATF-NJ Grand Prix Event
DJ - Music
Warm-Up Instructor
Lavish Breakfast
Custom Long Sleeve Shirt

Register Online at

PracticeHard.com
 No Processing Fee



Sports A/R
 546 E. Curtis St.
 Linden, NJ 07036

2009 Garden State Plaza 5K

Make Check Payable & Mail To: Yavneh Academy Scholarship Run
 546 E. Curtis St. Linden, NJ 07036

FIRST NAME					
LAST NAME					
BIRTH DATE	A	G	S	E	
EVENT	5K Run	Shirt Size- Choose One			
	1 Mile	S	M	L	XL

STREET					
CITY					
STATE					ZIP
PHONE					
E-MAIL					
2009 USATF#					

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in Westfield Garden State Plaza 5K for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18

Schedule Of Events

7:30 am	Registration Begins
8:45 am	5K Road Race
9:30 am	1 Mile Walk/Fun Run
9:15 am	Refreshments
9:45 am	Awards Ceremony



PracticeHard.com

No Processing Fee

FEES

5K Run Pre-Entry

\$20 With Long Sleeve Shirt
(\$2. Discount to USATF-NJ Members)

5K & 1M Pre-Entry

\$25 With Long Sleeve Shirt

1 Mile Pre-Entry

\$12 With T-Shirt

Post-Entry

-Event Day Entry-

5K - \$22

With Long Sleeve Shirt
(While Supplies Last)

1M - \$15

With T-Shirt
(While Supplies Last)

AWARDS

5K RUN - FIRST 3 OVERALL (MALE & FEMALE)
FIRST 3 IN EACH AGE GROUP (MALE & FEMALE)

14 & Under, 15-18, 19-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-69, 70-74, 75+

RIBBONS TO ALL 1 MILE FINISHERS

CONTACT

*For Event Information
Please Call*

Ray or Tears - 908-245-3000



*Or Visit The Event Webpage
For Details and Online Registration*

PracticeHard.com

*For Sponsorship Opportunities,
To Volunteer, Or For Information
On Yavneh Academy Please Call*

Joel Kirschner

201-262-8494 x307



DIRECTIONS

From Garden State Parkway North

Take Exit 160 Paramus Road. Mall Entrance is
Straight Ahead at First Light

From Garden State Parkway South

Take Exit 163 Route 17 South. Mall Entrance is
on the Right Approx 2 Miles. Follow Signs for
G S Plaza

From New Jersey Turnpike I-95

Take Exit 16W, Route 3 West to 17 North
to Route 4 and Follow Signs for G S Plaza

Race Starts by Nordstrom Entrance

Westfield® Garden State Plaza

5K Run

&

The Benjamin Schwartz Memorial

1 Mile Fun Run/Walk

is brought to you for the benefit of



Since 1942, Yavneh Academy, a primary and middle school, has been educating students in Bergen County. Yavneh provides academic excellence in a nurturing, child-center environment where the uniqueness of each student is stressed. Special attention is paid to differentiating instruction in order to match the children's learning styles, with many programs and opportunities for both enrichment and remediation. Yavneh's success is measured by the thousands of graduates who are equipped with a strong background of academic skills, a love of learning and readiness to meet the challenges of adolescence and beyond. The Yavneh parent body, totaling 430 families, is dedicated to providing their children with the outstanding educational programming that Yavneh offers. Through their devotion and your support, the funds raised by the Yavneh Scholarship Run will enable students in Bergen County to continue to receive the outstanding academic foundation Yavneh Academy strives for in order to maximize the potential of each child.

2009 Garden State Plaza 5K

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546 E. Curtis St. Linden, NJ 07036

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LAST NAME										
BIRTH DATE	A		S		E		X			
EVENT	5K Run					Shift Size- Choose One				
	1 Mile	S	M	L	XL					

STREET										
CITY										
STATE	ZIP									
PHONE										
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