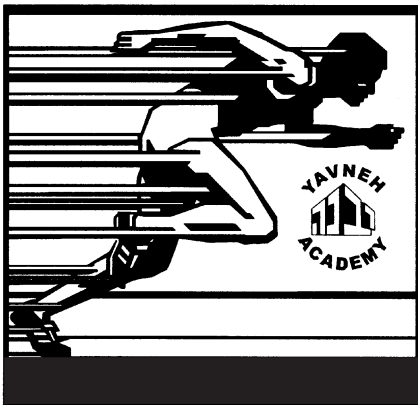


**Westfield®**  
**Garden State Plaza**  
 Benjamin Schwartz Memorial  
**5K Run**  
 &  
**1 Mile Fun Run/Walk**



**November 10, 2013**  
**Garden State Plaza**  
**Paramus, NJ**

5K - 8:45am    1 Mile - 9:30am

**FEATURING**

**No Online Processing Fees**  
**USATF Certified Course**  
**USATF-NJ Grand Prix Event**  
**DJ - Energetic Music**  
**Warm-Up Instructor**  
**Lavish Breakfast**  
**Custom Designed Color Tee**

Register Online at  
  
**PracticeHard.com**  
 No Processing Fee



**Sports A/R**  
 253 W. Westfield Ave.  
 Roselle Park, NJ 07204

**2013 Garden State Plaza 5K & 1M**

Make Check Payable & Mail To: Yavneh Academy Scholarship Run  
 c/o Sports A/R, 253 W. Westfield Ave., Roselle Park, NJ 07204

FIRST NAME					
LAST NAME					
BIRTH DATE	AGE	SEX			
EVENT	5K Run	Shirt Size - Choose One			
	1 Mile	Y L	S	M	L XL

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

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Sports Action Reaction LLC, Yavneh Academy, Westfield Shoppingtown Garden State Plaza, and any and all parties, groups, organizations, volunteers, sponsors, and/or any representatives involved in the Garden State Plaza 5K/1M 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 Yavneh Academy and/or Sports Action Reaction LLC, 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.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18

## Schedule Of Events

7:30 am	Registration Begins
8:45 am	5K Road Race
9:00 am	Breakfast
9:30 am	1 Mile Walk/Fun Run
9:45 am	Awards Ceremony

### AWARDS

5K - Top 3 Overall (male & female)  
Top 3 in each age group (m/f)

5 year: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,  
45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

Ribbons to all 1 Mile Finishers

 Register Online at

**PracticeHard.com**

No Processing Fee



### Pre-Entry

5K - \$20 with Custom Color Tee

5K USATF-NJ Members - \$17

1 Mile - \$12 with Custom Tee Shirt

5K/1M Combo - \$25 with Custom Color Tee

(One participant in both events)

\*Deadlines: 11/8 online; 11/4 by mail.

### Event Day Entry

5K - \$25; 1 Mile - \$15; Combo - \$30

\*Shirts are "while supplies last" to event day registrants.

Credit Cards will be accepted for online registration only.  
Cash/check only for paper applications and on event day.

### CONTACT

For Event Information

Ray or Tears - 908-245-3000  
tears@practicehard.com



Or Visit The Event Web page  
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

Benjamin Schwartz Memorial

## 5K Run

&

## 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.