Joe "Pizza" Paternostro
2ND ANNUAL 5K RUN 1 MILE WALK
"Jump Start Your Heart"
Saturday October 29, 2011

"Delivering a healthy heart"

Registration-8:30am
5k Race-10:00am
Fun walk-10:30am

<u>LOCATION:</u> Oak Ridge Park Clark, NJ

<u>COURSE:</u> USATF Certified Course

<u>ENTRY FEE:</u> Registration fee $20 prior to 10/25/11
$25 after 10/25/11 and race day
$23 USATF members

<u>AMENITIES:</u> T-shirt guaranteed for all pre-registered participants while supplies last. Refreshments, gifts, and entertainment!

<u>SEND ENTRY FORM & FEE</u>: **JOE PATERNOSTRO MEMORIAL FUND P.O.BOX 446, SPRINGFIELD, NJ 07081**

<u>CONTACT INFO:</u> Marina at 973.564.9293 or joepizza5k@gmail.com

Register online
www.joepizza5k.com

- Awards for top overall male & female runners
- Awards for top 3 male/female groups (10-19, 20-29, 30-39, 40-49 up to 80+)
- Scoring by Best Racing Systems

USA TRACK & FIELD NEW JERSEY
North Jersey
New Jersey Grand Prix Event 500 Points

American Heart Association
Learn and Live

Joe Pizza "Jump Start Your Heart" 5k Run 1 Mile Walk
10-29-11 Registration Form

☐ 5K Race
☐ 1 Mile Fun Walk

Last Name: _____ First_____Age on Race Day_____ Sex:_____

Address: _____ E-mail: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone:_____

2011 USATF NJ#:_____ T-Shirt Size: € Adult S   € Adult M   € Adult L   €Adult XL

I am physically able and properly trained to participate in this race. In consideration of the acceptance of my application, I, my heirs, executor, successor and assigns do hereby acquit and forever discharge the county of Union, usatfnj, event sponsors, agents, volunteers, and persons involved in the promoting of this race from any and all claims, causes of action, demands, rights, damages, costs, loss of service, expenses and compensation which I may hereafter accrue of or in unforeseen damage and consequences resulting or to result from my participation in the "Jump Start Your Heart" event held Saturday, October 29th 2011 in Clark, NJ. I also give my permission for the use of my name and/or picture in any newspaper, broadcast, telecast, or other account of this event.

Signature: _____Date:_____
(A parent or legal guardian must sign for all participants under the age of 18.)