

# Joe "Pizza" Paternostro

## 4<sup>TH</sup> ANNUAL 5K RUN/WALK

*"Jump Start Your Heart"*

*Sunday, September 15, 2013*



*"Delivering a healthy heart"*

Registration-8:30am  
5k Race/Walk -10:00am



Register online  
[www.joepizza5k.com](http://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

LOCATION: Oak Ridge Park Clark, NJ

COURSE: USATF Certified Course

ENTRY FEE: Registration fee \$25 prior to 9/13/13  
\$30 after 9/13/13 and race day  
\$22 USATF members prior to 9/13/13

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

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



CONTACT INFO: Marina at 973.564.9293 or joepizza5k@gmail.com

### Joe Pizza "Jump Start Your Heart" 5k Run / Walk 09-15-13 Registration Form

- 5K Race  
 5k Walk

Last Name: \_\_\_\_\_ First \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex: \_\_\_\_\_  
 Address: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 2013 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 Sunday, September 15, 2013 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.)