

4th Annual

Saturday, September 21, 2013

9:30 am Start

Oak Ridge Park

Clark, NJ



5K Run · A Kids Fun Run

2 Mile Walk-A-Thon (Wheelchair friendly)

Date & Location

Saturday, September 21, 2013
Oak Ridge Park
130 Oak Ridge Road, Clark, NJ



Schedule

8:00 am Registration
9:30 am 5K Run
9:45 am 2 Mile Walk-A-Thon
10:30 am A Kids Fun Run

Entry Fees (Must be postmarked by 9/12)

5K or Walk By 9/16 \$23
2013 USATF Members \$20
After 9/16 & on race day \$25
A Kids Fun Run (ages 2-11) \$9

Registration

By mail or online at
www.RaceForum.com/pauljackson

Course

USATF certified 5K and Walk entirely in Oak Ridge Park on paved paths. Mile clocks. Water stops.

Awards (Male and Female)

5K- 1, 2, 3 Overall
5K Age Groups (Male & Female)
10 & Under, 11-14 to 85 & Over (5 years)
A Kids Fun Run- Finisher Ribbons

Scoring

ChronoTrack B-Tag Scoring by www.bestrace.com

Information

www.oymp.net • dohertypjf@gmail.com
908.233.6110 • 908.902.8587

Amenities

The Paul Jackson 5K t-shirt to all pre-registrants and to post registrants while supplies last. Refreshments, DJ, random prizes, kids activities.



New Jersey Grand Prix Event 500 Points

FUNDRAISING PRIZES: Details at www.pauljacksonfund.org

iPad Mini · Visa Gift Cards · Six Flags Season Passes · AMC Movie Passes

THE PAUL JACKSON 5K at OAK RIDGE PARK

Checks payable to: The Paul Jackson Fund • Mail to: P.O. Box 2014 • Westfield, NJ 07091

Entry Fees (please check) (Must be postmarked by 9/12)

last name first name

street

city state zip

date of birth age on race day

2013 USATF-NJ# gender email

5K 2 Mile Walk A Kids Fun Run

FREE (I raised over \$100)

5K or 2 Mile Walk By 9/16 \$23

2013 USATF Members \$20

After 9/16 & on race day \$25

A Kids Fun Run (ages 2-11) \$9

Adult T-Shirt Size S M L XL

Kids T-Shirt Size S M L ("A Kids Fun Run" only)

Donation \$

Here's How You Can Help

Friends, family and co-workers always seem open to support a worthy cause and our 5K/ 2 Mile Walk/Kids Fun Run offers a healthy option. Fundraising is simple, fun and infectious through FirstGiving. Setting up your personal fundraising page is easy and free. Visit www.firstgiving.com/pauljacksonfund to get started. Cannot attend the race and would like to make a donation? Visit www.pauljacksonfund.org. Thank you.



Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against The Paul Jackson Fund, County of Union, OYMP and any and all parties, groups, organizations, volunteers, sponsors and (or) any representatives involved in The Paul Jackson Fund 5K for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event and give my permission to use my photographic likeness for event publicity.

signature (of parent if under 18) date