



Sparta P.A.L was started in the 1960's by Fred Geffken (former Sparta Police Chief), with the mission of Police Officers interacting with Sparta Youth in a positive way through athletics. The goal of Sparta P.A.L is to provide 4th-8th grade Sparta boys and girls a positive environment to learn and apply the principles of teamwork, discipline, dedication and sportsmanship. It's all about the kids!

Thank You 2018 Sponsors

You could give your people

Culligan Water

Lakeland Bank
We're simplifying banking.®



THORLABS

Train Creative

Stop&Shop

Eastern Propane
Today's Best Energy

Rev it up!
AUTOMOTIVE OF SPARTA

Sussex Bank
Closer to our customers



Essential
Massage Therapy



SPARTA PHARMACY

MODELL'S SPORTING GOODS
Cotta Go To Mo's

TECHFLEX
Braided Sleeving Products

Newton Medical Center
ATLANTIC HEALTH SYSTEM

ME Massage Envy

More Info:

Rev It Up 5K/10K

Andy Ball: 973-222-8748

Andy@MainStreetEventsNJ.com

www.RevItUpRun.org



Main Street Events Presents

Saturday, May 4th - Bib Pick-Up.....5:00 PM – 7:00 PM
Sunday, May 5th - Same Day Registration.....8:00 AM – 9:15 AM
5K Run/Walk & 10K Run.....9:30 AM
Main Street Events Café.....8:00 AM – 12:00 PM
Awards.....10:30 AM
Grand Prize.....11:30 AM

Location: Sparta P.A.L | 38 Station Road | Sparta, NJ

Age Groups for 5K and 10K:
(Male & Female) 7-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & up.
Over 120 Individual Medals

Awards Top 3 Male and Female 5K and 10K

No pets permitted!

Download the RaceJoy App to follow a friend on course!
Go to www.RevItUpRun.org for more information



Corporate, Gym, Clubs and Family Fun Teams
Sign up today!

Design by—Contemporary Media Group, LLC

2019

Rev it Up!

5K

& 10K

Presented by

Rev it up!
AUTOMOTIVE OF SPARTA



Sunday, May 5
9:30 AM

Sparta P.A.L Building
38 Station Road | Sparta, NJ 07871



PROMOTING NATIONALLY RECOGNIZED
RUNNING & RACING WITH A TOUCH
OF COMMUNITY



Sunday—May 5, 2019

Sparta P.A.L Building
38 Station Road | Sparta, NJ 07871

**LOTS OF FOOD, AWARDS, FAMILY FUN,
FREE RACE PHOTOS, RACE TRACKER AND MUSIC ON
SITE AND THROUGHOUT THE COURSE!**

**TROPHIES FOR TOP 3 OVERALL MALE & FEMALE
(5K & 10K—TOP 3)**

**Individual Age Group Medals 7 Yrs through 80+
(10 Yr Age Group for 5K/10K)**

COOL T-SHIRTS (while supplies last!)

**Bib pickup is available at Sparta P.A.L Building
Saturday, May 4th from 5 pm-7 pm at 38 Station Road
or on race day beginning 8 am**

5K/10K FEE: \$21 EARLY REGISTRATION

(if post marked by March 6th)

\$25 REGULAR REGISTRATION (through May 4th)

\$30 RACE DAY REGISTRATION

\$20 STUDENT ENTRY (18 & under through race day)

2019 USATF-NJ ATHLETES save \$3

(if received by April 28th)

**Parking is at Kid's Castle off of Station Road
and Route 517 - Shuttle available**



Strollers, Walkers and Runners — All Are Welcome!

Online Registration, directions visit: www.RevItUpRun.org or call 973-222-8748



Chip Timing by Best Racing Systems

Shirt size ☐ S ☐ M ☐ L ☐ XL ☐ XXL

☐ 5K WALK/RUN ☐ 10K RUN P.A.L. DONATION \$ _____

Name (print): _____

Birth Date: ____/____/____ / Age on Race Day: _____ ☐ Male ☐ Female

Street: _____ City: _____

State: _____ Zip: _____

Phone: _____ Email: _____

2019 USATF-NJ #: _____

Company/Business Name: _____

Team Name: _____ Team Captain: _____

Total Payment Enclosed: ☐ Cash _____ ☐ Check# _____

In consideration of your acceptance in the Rev It Up 5K/10K, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, Main Street Events, Inc. executors and administration, waive and release any and all rights and claims for damages, and hold harmless, any sponsoring organization RevItUpRun.org, Main Street Events New Jersey, Sparta P.A.L and the Sparta P.A.L Building, Sparta Township, Sussex County, Rev It Up Auto, and co-sponsors, their representatives, successors, agents, servants or employees, and assigness for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to participate, and state furthermore, that my ability to participate in and successfully compete in this event has been attested to by a qualified physician or certified fitness consultant. I hereby grant permission to Main Street Events to use photos that may include myself for promotion and publicity; and understand that if the Run cannot be held due to an act of God or circumstance beyond control, the Rev It Up 5K/10K event is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.

Signature _____ Date _____ Checks payable to — Main Street Events, Inc.

(Parent or Guardian if under 18 years)

PO Box 863 — Sparta, NJ 07871

501(c)(3) #20-2502358