

FAIR LAWN SUNRISE ROTARY



PRESENTS 1ST DAY 5K Run & 3 K FAMILY WALK



To Benefit
Rotary Charities
&
The Rotary Gift of Life
USATF-NJ Certification # NJ13537JHP
USATF-NJ Points Awarded
www.1stDay5K.org

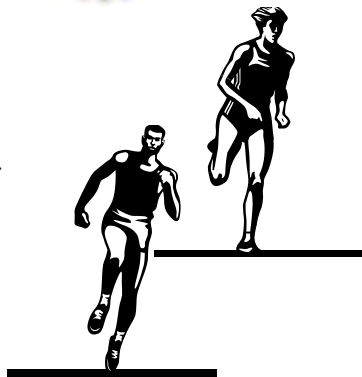
Where:

January 1, 2019
Memorial Middle School
12-00 1st St., Fair Lawn, NJ

Schedule of Events:

9:30 am— Check In
10:45 am—Runner Briefing
11:00 am—5k Run/2K Walk Begins
12:00 pm— Awards & Raffles

Contact: TonyVillano@201-797-4590 or
Honey Kleinberg @ 201-797-3262
for more information:
[Email:AJMVillano@optimum.net](mailto:AJMVillano@optimum.net)



Entry Fees:

Pre-Registration—\$25
USATF-NJ Members Pre Reg.—\$22
Children under 18-- \$18
Day of Race: Adults/Children: \$28 /\$20
2 Adults w/Minor Children - \$70

Amenities:

T-Shirts (1st 350 Registrants) *
Race Packets
Post-race refreshments
Plenty of Parking
Rest Room facility
Locker Room

Please mail Entry form and Check to:
Tony Villano C/O Fair Lawn Sunrise Rotary
PO Box 112, Fair Lawn, NJ 07410
Make Check Payable To: Fair Lawn Sunrise Rotary

Medals for	25-29	40-44	55-59	70-74	85 +
	15-18	30-34	45-49	60-64	75-79
	19-24	35-39	50-54	65-69	80 -84

ENTRY FORM :

ALL REGISTRATIONS MUST BE RECEIVED BY DECEMBER 28, 2018

Last Name: _____ First Name: _____

Street Address _____ Email: _____

City: _____ State: _____ Zip: _____ Running Club _____

Phone: _____ Date of Birth: _____ Age: _____ Sex: **M / F**

Please Circle Event: **5K Run Grand Prix Event or 3K Fun Walk (Course not certified)**

* T-Shirt Size: **S M L XL (size not guaranteed)** USATF-NJ '19 # _____

In consideration of this entry being accepted, I hereby for Heirs, executors, administrators, and myself waive any claim that I may have against the Fair Lawn Sunrise Rotary and the Borough of Fair Lawn, Fair Lawn Volunteer Ambulance Corps, Fair Lawn Police Dept, or their representatives, successors, or assignees for any injuries that may be suffered by me in this event. I do hereby certify that I am in physical condition for this event.

Signature: _____ Parent Signature (if under 18): _____ Date: _____

WWW.1stDay5K.Org