

**FAIR LAWN SUNRISE ROTARY**

**Presents**

**1stDay5K Run & 1 Mile Fun Walk**

**to benefit Rotary charities and local and international service projects**

Start your year on a healthy note by doing a 5K Run or 1 Mile Walk on the first day of 2021.

Oh wait! Covid-19 is still with us! We can’t have our usual 1stDay5K (with fruit and bagels) as

a live event as we have for so many years! But we are not going to let that stop is, are we?

**For 2021, the 1stDay5K Run and 1 Mile Walk will be VIRTUAL!**

What does that mean, you may ask? Well, online registration is the same as always, but instead of

driving to Fair Lawn and running in a crowd, you run or walk in your choice of time and place. Run

in your backyard, a local street, your favorite park, a treadmill. Run wherever you happen to be: east coast, west coast, all around the world. Just remember to observe CDC recommended guidelines

for social distancing, etc.

**How does it work?** Register online anytime between October 1 and December 31, 2020. The fee

for this, our first virtual race, is only $10. You will be sent a downloadable virtual bib and a link to submit your time and photos. Complete your run anytime between 12:00:01am of Jan. 1, 2021 and 8:30pm on Jan. 31, 2021. All finishers will receive a beautiful certificate of completion. Remember

to include your team or club name. This is a great chance to involve more of your friends and family. Compare times, locations, weather and New Year resolutions.

Due to present conditions, this year’s race is not USATF sanctioned; so, unfortunately, we will not be awarding trophies or medals and there will be no t-shirts. However, we will still be awarding the plaque for the team/club with the most entries. Also, there will be a random drawing of bib numbers through

which we will award a variety of gift certificates.

Fair Lawn Sunrise Rotary remains committed to its mission to serve our community in both responsive and proactive ways. We have continued to support our first responders, youth programs and schools, veterans, seniors, special needs citizens, local parks and more. Since the onset of the pandemic, we have provided meals for hospital workers and first responders, helped to support local businesses; and we are helping to provide food security to the many now in need. We continue to respond to needs overseas as well: We have funded lifesaving and life changing surgeries; we have funded a literacy campaign in the Philippines, the restoration of an earthquake destroyed school in Nepal, and clean water projects in various countries. We are currently beginning a clean water and sanitation project in Central America.

Thank you for joining us. By participating in this virtual event, you will become part of the humanitarian efforts of the Fair Lawn Sunrise Rotary.

**TWO WAYS TO ENTER:**

1. **Go to** [**www.1stDay5K.org**](http://www.1stDay5K.org) **and follow directions for entry or donation.**
2. **Complete the form on the next page and mail to:**

 **Fair Lawn Sunrise Rotary**

 **Race Coordinator**

 **P.O. Box 112**

 **Fair Lawn, NJ 07410**

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**FAIR LAWN SUNRISE ROTARY**

**1stDay5K Run & 1 Mile Fun Walk**

**MAIL IN ENTRY FORM**

**Mail in registrations must be received by December 30, 2020**

Circle Event**: 5K Run 1 Mile Walk**

Last Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Street Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_\_ Zip \_\_\_\_\_\_\_\_\_

 Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Running Club (Team) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ USATF-NJ#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: (M/F) \_\_\_\_\_\_\_

Mail this form with your Ten Dollar ($10) fee per entry to:

 **Fair Lawn Sunrise Rotary**

 **Race Coordinator**

 **P.O. Box 112**

 **Fair Lawn, NJ 07410**

Refer questions to Tony Villano: **ajmvillano@optimum.net** or text at **201-873-3797**

In consideration of this being accepted, I hereby for heirs, executors, administrators an d myself waive any claim that I may have against the Rotary Club of Fair Lawn-Sunrise and the Borough of Fair Lawn, Fair Lawn Volunteer Ambulance Corps, Fair Lawn Police Department, 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:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Signature** (if under 18) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_