



# PORTUGAL DAY 5KM

Organized by Den of Lions

**PORTUGAL DAY RUN 5KM  
1 MILE RUN  
MILE - KIDDIE DASHES - WHEELCHAIR  
NEWARK, NJ (IRONBOUND)  
JUNE 13, 2010  
USATF-CERTIFIED-FLAT COURSE**

**Special Thanks to all Sponsors:**

*SCOTTUSA  
POWER CONCRETE  
IBERIA RESTAURANT  
COUNCILMAN AUGUSTO AMADOR  
SEABRA GROUP  
IRONBOUND AMBULANCE SQUAD  
CITY OF NEWARK-NEWARK POLICE  
SPT TELEVISIO-SIC INTERNATIONAL  
TRIUNFO IMPORT & EXPORT  
RTP INTERNATIONAL  
ALCIS  
VITALSOX*

**Time:** 5KM 9:00am, Mile 9:45am Kiddy Dash to follow  
**Place:** 82-84 Ferry St., Newark NJ  
**At Iberia Restaurant Parking lot**  
**Entry-Fees:**  
**5KM** USATF MEMBER \$15, Non-USATF \$18, Postmarked by 6/6/2010  
(Day of race) \$20 FOR ALL  
**WHEELCHAIR-FREE ENTRIES**  
**Mile** \$10(postmarked by 6/6/2010, \$13(Day of race)  
**Mile (entries close at 9:30AM)**  
**Kiddie Dash Participants 6 and under. Free entry.**



**Awards:**  
**5KM(OVERALL WINNER MALE/FEMALE )**  
For 1<sup>st</sup>, 2nd, 3rd, overall male/female SCOTT SHOES  
WHEELCHAIR- Male/Female Trophy top 3  
Mile Medals to all participants  
Kiddy Dash All participants receive medals  
**Awards will not be mailed, please be present for your award.**



**Age Groups:** In five age increments for 5KM  
**T-Shirts: TECH T-SHIRTS** to all pre-registrants and post-registrants while supplies last  
**Results and race info can be found at [www.compuscore.com](http://www.compuscore.com) or [www.denoflions.com](http://www.denoflions.com)**  
**RACE PARKING ONLY- Iberia Restaurant parking lot on Congress St. only for race.**

**Directions:** From Rt 21 North right/South left turn into Edison Place onto Ferry St (one block from Newark Penn Station). Go two blocks and on the left is Iberia Restaurant.  
**Additional info: Trophy presentation to follow mile race. Contact:** Call (201) 650-1220 after 7pm or email [Cacm1969@aol.com](mailto:Cacm1969@aol.com)

### Mail-in Registration Form

**Make Checks Payable To:** Den of Lions-Sports Academy  
**Mail Entry To:** Den of Lions, Attn: Carlos Martins-18 Gotthart St. Newark, NJ 07105

RACE NUMBER \_\_\_\_\_

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: On race day \_\_\_\_\_

ADDRESS: \_\_\_\_\_ D.O.B.

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

USATF#  RACE TIMING CHIP#

RACE: Circle one 5KM Mile Wheelchair T-SHIRT SIZE: XL L M S

SIGNATURE:(Parent signature if under 18) \_\_\_\_\_

In consideration of the acceptance of this entry, I hereby waive and release all claims for damage or injury I may have against the Den of Lions, City of Newark, sponsors of the Portugal Day Races held on Sunday June 13, 2010. I attest and verify that I am physically fit and have trained sufficiently for this race.