



October 20, 2013

5 K Run / 1 Mile Fun Run & Walk  
Kids Races and Special Events  
For All Ages

Presented by: The Big "L" Club,  
The Livingston Education Foundation,  
The West Essex YMCA  
The Livingston Bicentennial Historical Committee

Experience this exciting 4th Annual Event (rain or shine) - whether you are 8 or 88.  
There will be something for everyone on October 20, 2013. Come and enjoy this special day.

8:00 am	Registration Opens/Packet Pick-up in back of Livingston High School	<b>Location:</b> Livingston High School, 30 Robert Harp Drive, Livingston, New Jersey 07039  <b>From the Garden State Parkway:</b> Exit 145 to 280 West Exit 5A. Bear right as you exit traveling along Livingston Ave. Go to 5th traffic light (about 2 miles). Turn right into Memorial Park towards the high school.  <b>From Route 10:</b> Rt. 10 East to Livingston Circle. Continue straight on Rt. 10 after the Circle to the 3rd light at South Livingston Ave. Turn right. Continue 3 more lights. Turn right into Memorial Park towards the high school.  <b>From Route 24:</b> Exit 7C, Short Hills Mall traveling north on JFK Parkway. Continue to the 4th light, turning left into Memorial Park towards the high school.  <b>Results:</b> <a href="http://www.compucore.com">www.compucore.com</a> <b>Refreshments for all participants</b>
9:30-11:30 am	Children's Races & Special Events, along with A Health & Wellness Fair	
11:00 am	1 Mile Fun Run/Walk—Around high school track	
9:30-10:15am	5K Run for ages 13 and up—Starting in front of Livingston High School	
10:30 am	<b>Awards</b> to top 3 overall females and males, to top 3 finishers in each age category beginning 13-19; thereafter; 5 year increments to age 79; 80+.	
First 300 entrants of 5K Run/1 Mile Fun Run/Walk are guaranteed a T-shirt; First 150 student entrants, ages 5-12, are guaranteed a medal and a T-shirt.		

EVENT:  5K Run  1 Mile Fun Run/Walk  Children's Races, Events and 1 Mile Run GENDER:  MALE  FEMALE

Fee:	5K Run—\$23.00 by 9/30—\$28.00 after 9/30 and on race day 1 Mile Fun Run/Walk—\$18.00 by 9/30—\$23.00 after 9/30 and on race day Children's Race, Special Events and 1 Mile for ages 5-12—\$15.00 by 9/30—\$18.00 after 9/30 and on race day USATF-NJ Members only: \$20.00 if payment received by 10/4/13
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**Make checks payable to: Livingston 5K Run**

**Send to:** Livingston 5K Run  
c/o Monte Ehrenkranz  
Regal Bank  
570 West Mt. Pleasant Avenue  
Livingston, NJ 07039

**OR—pay by credit card**

*The signature below authorizes the 5K Run to charge the entrance fee for this event.*

VISA  MASTERCARD

Credit Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security Code No. \_\_\_\_\_

Billing Address: \_\_\_\_\_

First Name: _____	Last Name: _____
Address: _____	City/State/Zip: _____
Phone: _____	E-mail: _____
Age on Race Day: _____ DOB: _____	USATF-NJ # _____ ADULT SHIRT SIZE <u>S</u> <u>M</u> <u>L</u> <u>XL</u>

In consideration for the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators, and assignees, hereby release myself, discharge the Township of Livingston, the Livingston 5K Run, the Big L Club, the West Essex YMCA, the Livingston Education Foundation, Livingston Bicentennial Historical Committee, associated sponsors, their staff, officials, volunteers, USA Track & Field, and all other sponsors or beneficiaries and their representatives, successors and assigns, for all claims for damages and causes of action arising out of my participation in the Livingston 5K Run, the 1 Mile Fun Run/Walk and other special events. I attest that I am physically fit and I am able to participate in any of these events. I hereby grant permission to the Livingston 5K Run and any other sponsors of this event to use all information submitted in this application, and any record of this race containing my likeness, as well as race results, including my name and competition time, for any purpose whatsoever, including, but not limited to pre race publicity. I hereby certify that I have read all the terms and conditions of this Release and intend to be legally bound thereby.

SIGNATURE: (Parent or guardian if under 18 years of age) \_\_\_\_\_

For more information contact — Arnold Gerst at [denisegerst@gmail.com](mailto:denisegerst@gmail.com) or (973)477-7108