



# JOHN'RUN

## SUNDAY, SEPTEMBER 19, 2010

# 5K

to benefit the John & Kevin Frazza Scholarship Fund

### IN

## TOWNSHIP OF WASHINGTON

### NJ 07676



Stratford Court and Woodfield Road

From the South: GSP north to exit 168 (Washington Avenue). At the stop sign turn right onto Washington Avenue.

At the first light, turn right onto Pascack Road for approximately 1/4 mile.

From the North: GSP south to exit 166 (Linwood Avenue). Bear right onto Highland Avenue and continue to stop sign.

Turn right onto Linwood Avenue; at end of Linwood, turn left onto Pascack Road. Continue for approximately 1/2 mile.

**Registration/Check in: 8am**

**Race starts: 9am**

**Entry Fee: \$20 pre-registration (USATF-NJ members \$18) \$25 Race day**

**Pre-registration & T-shirt deadline: September 12. T-shirts on race day while supplies last.**

Prizes awarded to top male and female overall winners and top 3 finishers in each age group

Categories(M/F): 14 & under/ 15-19/ 20-29/ 30-39/ 40-49/ 50-59/ 60-69/ 70-79/ 80+

**Scoring: [www.compuscore.com](http://www.compuscore.com)**

Register Online: [www.active.com](http://www.active.com) [www.practicehard.com](http://www.practicehard.com) [www.bandlracetiming.com](http://www.bandlracetiming.com)

or

Mail this form and check to: John's Run c/o B. Frazza  
73 Woodfield Rd  
Washington Twp, NJ 07676

Make checks payable to: Washington School PSO

Name: \_\_\_\_\_

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

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

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ T-Shirt size: S  M  L  XL

E-Mail: \_\_\_\_\_ 2010 USATF-NJ# \_\_\_\_\_

Waiver/Release: In consideration of this entry, I hereby for myself, heirs, executors, and administrators, waive and release any claims I may have against the Washington School PSO, John'sRun, the Township of Washington, their staff, officers, volunteers and successors and assigns for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in the 5K Run. I permit John's Run free use of my name and photograph in any film, videotape, brochure, newspapers, reports and promotions of this event or future events.

Signature: \_\_\_\_\_

(parent's signature if under 18 years old)