

10th Annual

“Jump Start Your Heart!”

Sunday, October 13, 2019



Same Day Registration:
Registration: 8:30 a.m.
Fun Run/Walk: 10:00 a.m

Register online
www.JoePizza5k.com

- Fun Run/Walk all-inclusive at Oak Ridge Park
- Well marked, and multiple aid stations
- Great Post Race food/snack stations
- AWESOME TRICK TRAY TAKEAWAYS.

LOCATION: 136 Oak Ridge Rd., Clark, NJ

COURSE: Mapped course

ENTRY FEE: Registration fee \$25 prior to 10/10/19
\$30 after 10/10/19 through event day

AMENITIES: T-shirt guaranteed for all pre-registered participants while supplies last. Refreshments, gifts, on course music and finish area entertainment!

SEND ENTRY FORM & FEE: **JOE PATERNOSTRO MEMORIAL FUND**
P.O.BOX 446, SPRINGFIELD, NJ 07081



CONTACT INFO: Marina at JoePizza5k@gmail.com



Joe Pizza “Jump Start Your Heart” 5k Fun Run / Walk
10-13-19 Registration Form

Last Name: _____ First _____ Date of Birth: _____ Age on Race Day: _____ Sex: _____

Address: _____ E-mail: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

T-Shirt Size: Adult S Adult M Adult L Adult XL

I am physically able and properly trained to participate in this race. In consideration of the acceptance of my application, I, my heirs, executor, successor and assigns do hereby acquit and forever discharge the county of Union, event sponsors, Oak Ridge Park, Township of Clark, race director(s), agents, volunteers, and persons involved in the promoting of this race from any and all claims, causes of action, demands, rights, damages, costs, loss of service, expenses and compensation which I may hereafter accrue of or in unforeseen damage and consequences resulting or to result from my participation in the “Jump Start Your Heart” event held Sunday, October 13, 2019 in Clark, NJ.

I also give my permission for the use of my name and/or picture in any newspaper, broadcast, telecast, or other account of this event.

Signature: _____ Date: _____

(A parent or legal guardian must sign for all participants under the age of 18.)