

9th Annual

“Jump Start Your Heart!”

Sunday, September 16, 2018



NORTH JERSEY

2018

Grand Prix



USATF
NEW JERSEY

500 Point Event

Registration: Sunday 8:30 a.m.

5K Run/Walk: Sunday 10:00 a.m

LOCATION: 136 Oak Ridge Rd., Clark, NJ

COURSE: USATF Certified Course

ENTRY FEE: Registration fee \$30 prior to 9/13/18
\$35 after 9/13/18 through race day
\$27 USATF members prior to 9/13/18

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 973.564.9293 or JoePizza5k@gmail.com

Register online
www.JoePizza5k.com

- Awards for top overall Male & Female runners
- Awards for top 3 Male/Female age groups (10 and under, 11-14, 15-19, 20-29, 30-39, 40-49 through 80+)
- Scoring & Instant Results by Best Racing Systems!
- Run/Walk all-inclusive at Oak Ridge Park
- Well marked, and multiple aid stations
- Great Post Race food/snack stations
- AWESOME TRICK TRAY TAKEAWAYS.



- 5K Race
 5k Walk

Joe Pizza “Jump Start Your Heart” 5k Run / Walk
9-16-18 Registration Form

BIB#

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

Address: _____ E-mail: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

2018 USATF NJ#: _____ 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, USATF-NJ, 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, September 16, 2018 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.)