INTEGRITY HOUSE

Presents

THE NEWARK CORPORATE RUN 5K

TEAM & INDIVIDUAL RACE

Wednesday, October 6, 2010
12:15 pm
Washington Park, Newark

USA TRACK & FIELD NEW JERSEY
North Jersey
New Jersey Grand Prix Event 500 Points

Awards

Awards ceremony immediately after race.

Individuals: Awards presented to top three males and females overall and age-group finishers in seven age categories.

Teams: Awards will be presented to the top three male, female and co-ed teams.

Age Groups

19 & under	50 - 59
20 - 29	60 - 69
30 - 39	70 & over
40 - 49	

Team Rules

- Any business/corporation may enter.
- Companies may enter as many teams as they want in male, female and coed divisions.
- Teams must have a minimum of 3 members. There is no maximum number of runners on each team.
- Team members must work a minimum of 20 hours a week for the respective company.
- Team scoring: top 3 times.
- Coed Team scoring: top 3 times with minimum one runner of each gender.

Entry Fee:

$18.00 Pre-Registration
$15 USATF-NJ Members pre-register
Pre-registration cutoff: Monday 10/4
$20.00 Race Day Registration

No additional fee for team entries.
LAST DAY FOR TEAM REGISTRATION IS MONDAY 10/4

Make checks payable to:
Integrity, Inc.

For additional Race Info call:

Race Hotline	**973.376.6094**
Susan Lyons	**973.623.7246**
Fax	**973.376.6094**

Post Race Refreshments

After the race, a selection of fresh fruit, juice and sandwiches will be served to all runners. Show your race number for admission.

Registration for Teams and Individuals

If you are running as part of a team, each team member must fill out and sign an entry form. You may make copies of the entry form for other team members. Make sure to staple each team's entry forms together. Mail entry forms and fees to:

Newark Corporate Run
c/o Sneaker Factory
PO Box 150
Millburn, New Jersey 07041

Race Day Registration

No race day registration for teams. Race day registration will be available for individuals starting at 10:30am in Washington Park.

Race Packet Pick-up

Race packets may be picked up on Monday, October 4 and Tuesday, October 5 at the Sneaker Factory at 308 Millburn Avenue, Millburn, New Jersey or at Washington Park on race day beginning at 10:30am. TEAM PACKETS MUST BE PICKED UP BY MONDAY, 10/4.

Newark Corporate Run proceeds benefit Integrity House, a non-profit organization which has provided substance abuse treatment and social services since 1968.

Register online at:

www.compuscore.com

All registered runners receive a LONG SLEEVE 100% COTTON T-SHIRT and a FREE LUNCH.
(while supplies last)

ENTRY FORM

Official Use Only

2010 USATF-NJ # (if applicable)

Entering as Individual

Entering as Team Member

Name of Team

Name of Team Captain

Team Type *(Circle One)*
M F COED

Last Name | First Name | Sex | Age Race Day | DOB

Address / Apt. | City | State | Zip

Email address:

Phone:

SHIRT SIZE (circle one): S M L XL

SEPARATE APPLICATION AND ENTRY FEE REQUIRED FOR EACH RACE

In consideration of this application, I hereby for myself, heirs, executors, and administrators waive and release any claim I may have against Integrity, Inc., its officers and trustees, the organizing committee, USATF-NJ, the sponsoring organizations, the City of Newark or their representatives, successors, or assignees for any and all injuries that may be suffered by me in this event. I certify I am in good physical condition. I further agree that the above-named sponsors are under no obligation to provide a physical examination of other evidence of my fitness to participate in this event, the same being my responsibility.

Signature _____ Parent's signature if under 18 _____ Date _____