Print this form to register by mail or fax

2010 Rubin *Run* Entry Form

▶ Register online at **www.active.com**

Return this form + check payable to: **Kaplen JCC on the Palisades** 411 E. Clinton Avenue, Tenafly, NJ 07670 fax 201.569.7448

NEW
SPIN-A-THON
❑ **8 am**
❑ **9:15 am**
Choose one hour spin only

❑ $25 Early Registration Postmarked by May 3

❑ $30 Late Registration May 4-9

Space limited to the first 58 people

❑ **10K Run** ❑ **5K Run/Walk** ❑ $20 Early Registration (Postmarked by May 3) Prizes for registrants if postmarked by May 3 ❑ $25 Late Registration (May 4-May 9) Including race day registration

❑ Male ❑ Female ❑ Individual Team Name _____ ❑ JCC Member ❑ Nonmember
All teams must report to registration table at least 15 minutes prior to race start.

Last Name First Name 2010 USATF NJ Number (For NBGP only) - $2 Pre-Entry Discount

E-mail Phone Date of Birth Age (as of race date)

Address City State Zip

RELEASE FORM: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators, waive and release any claim I may have against the Kaplen JCC on the Palisades, the Boroughs of Tenafly, Englewood, Englewood Cliffs, its officers and directors, the organizing committee, the sponsoring organizations, the county of Bergen or their representatives, successors, or assignees for any injury that may be suffered by me at or in this event.

Date Your Signature

Parent's Signature of consent (if entrant is under 18)

Please charge my ❑ VISA ❑ M/C ❑ AMEX

Account Number Exp Date Security Code

Name as it appears on card

Signature

FITNESS + FUN + FAMILY

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

10K Run + 5K Run/Walk + Spin-a-thon

Tenafly, New Jersey

Mother's Day **Sunday, May 9**

Pristine tree-lined course | **Great giveaways** | CompuScore timing
Free Babysitting available 8:30 am - noon | **Trophies to the top three winners in each age category** | Medals for child runners under 10 | **Warm-ups & Stretches**

Packet Pick-up 10K & 5K & Spin-a-thon
Thursday, May 6, 10 am - 8 pm **OR** Friday, May 7, 9 am - 4 pm

Race Day Check-In & Registration 5K & 10K
10K 7:30 am - 8:30 am **5K** 8:30 am - 9:30 am

Race Schedule (Rain or Shine) **10K** 8:45 am sharp **5K** 10 am sharp

Spin-a-thon Schedule (Rain or Shine) 8 am sharp & 9:15 am sharp

Info: call Irene 201.408.1472
fax 201.569.7448 email irene@jccotp.org

2010 **rubin *run***

Kaplen JCC on the Palisades

Continental Breakfast + Kids Carnival 10am - 12pm