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**WALKERS
WELCOME!**

c/o FLEET FEET SPORTS
603 BLOOMFIELD AVE
MONTCLAIR, NJ 07042

Egan & Sons



**5000 METER
Lager Run**
Sunday, June 25,
2006

Start/Finish:

Egan & Sons Brew Pub
Restaurant

118 Walnut Street, Montclair, New
Jersey

NOTE: THIS RACE WILL BE LIMITED TO THE FIRST 1000 REGISTERED PARTICIPANTS... LIMITED RACE DAY ENTRY

BENEFITING

MONTCLAIR VOLUNTEER AMBULANCE UNIT



DISTANCE: 5K Run/Jog/Walk

The Lager Run is a USATF-NJ 500 Point race. Open to runners, joggers & walkers of every ability!

COURSE:

The 5K Course is USATF Certified, "rolling road route" along the beautiful tree lined streets of Montclair, New Jersey.

Go to: <http://www.gmap-pedometer.com/?r=47255>

For a comprehensive race course description.

WHEN: Sunday, June 25, 2006

TIME: 5000 Meter Run: 5:30 PM Sharp

START & FINISH: Egan & Sons

Located at 118 Walnut Street, Montclair, New Jersey.

RACE PACKET PICK-UP:

3:00 PM – 5:15 PM @ The Parking lot located behind the pub on Label Street.

Note: Parking on this street will be prohibited.

REGISTRATION FEES

5K ~ PRE REGISTRATION: \$18.00
(USATF MEMBERS: \$16.00)

Must be post marked by 06/17/2006

5K ~ RACE DAY REGISTRATION (LIMITED): \$20.00

ON LINE REGISTRATION: WWW.ACTIVE.COM

QUESTIONS:

CONTACT: Dan Murphy @ 973 748-0093

OR EMAIL @: dan@dtmurphy.com

"May the road rise to meet you,
May the wind be always at your back,
May the sun shine warm upon your face,
The rains fall soft upon your fields,
And until we meet again,
May God hold you
In the palm of his hand."

AWARDS

The awards ceremony will be held in back parking lot of Egan and Sons and will begin promptly at 6:15 PM. The Egan and Sons commemorative Lager Mug awards will be Three Deep, in the following age categories: -14; 15-19; 20-29; 30-39; 40-44; 45-49; etc., through all master's divisions, plus first overall Male & Female!

AMENITIES

Custom Designed T-shirts
Post race refreshments featuring

EGAN & SONS LAGER BEER
Soda & MORE!

BENEFITS

Proceeds of the event benefit the Montclair Volunteer Ambulance Unit and Paws Montclair Animal Shelter: IRS 501C3 #:221-713-685/000 MVAU & 22-2133963 PAWS

DIRECTIONS

From the Garden State Parkway take Exit 148 (Bloomfield Avenue). Travel West on Bloomfield Avenue approximately 1.70 miles to Elm/Grove Street (Community Bank on the corner) Turn right onto Grove, go three lights to Walnut St. Go over the RR tracks and look for parking (and signs directing you to the registration).

NOTE: No Parking on Walnut Street just west of the Egan & Sons as this is the start of the race course. Parking will be available at the Rail Road Station.

For better directions go to:

www.eganandsons.com

Official Entry Form

NOTE: THIS RACE WILL BE LIMITED TO THE FIRST 1000 REGISTERED PARTICIPANTS... LIMITED RACE DAY ENTRY

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age: (As of 06/25/2006): _____ Sex(M/F) _____

NOTE: THE RACE FEATURES THE CHAMPION CHIP

FEES

CHECK PAYABLE TO: **LAGER RUN**
MAIL TO: c/o FLEET FEET SPORTS
603 BLOOMFIELD AVE
MONTCLAIR, NJ 07042

Pre-Registration Fee: By 06/17/2006

USATF MEMBERS ONLY: Pre: \$16.00 _____

NON-USATF FEE: Pre: \$18.00 _____

DAY OF RACE FEE: \$20.00 _____

* Additional Charitable Contribution: \$ 2.00 _____

* optional

TOTAL FEE: \$ _____

USATF MEMBERS ONLY
USATF NUMBER: _____

WAIVER ~ WAIVER ~ WAIVER

In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge Egan and Sons, it's employees, the Township of Montclair, the Montclair Volunteer Ambulance Unit, PAWS Montclair Animal Shelter, the race officials, volunteers, sponsors (hereinafter releases) for any claim arising or growing out of my participation in this athletic event I attest and verify that I have full knowledge of the risks involved, and I am physically fit and sufficiently trained to participate in this event. I am at least 18 years of age or have had this release signed by my parent/guardian if I have not yet reached the age of 18. I promise that I will not sue anyone with any connection to this event for any reason whatsoever!

Participant Signature or Guardian if under age 18
Date: _____/_____/2006

OFFICIAL USE ONLY: _____

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