

LOCATION

Crowne Plaza, Paramus Park Shopping Center, Paramus, NJ

SCHEDULE

Packet Pick-up begins at 7:30 am	
Park Ave Auto Group 10K Run	9:05 am
10K Awards	10:30 am
Lou Lanzalotto Memorial 5K Run & Health Walk	11:15 am
1 Mile Fun Run for Kids	12:15 pm
5K Awards and Prize Drawing	12:30 pm

REGISTRATION

By mail or online at www.ACTIVE.com

FEES

10K/5K \$20 until 10/12 (\$18 USATF)
\$25 after 10/12

Fun Run \$5 (includes free Park Avenue t-shirt)

COURSE

Fast, scenic, tree lined. Mile clocks, water stops.

SCORING

www.compuscore.com

AWARDS

1, 2, 3 Overall and Age Groups, Male & Female
1, 2, 3 Paramus Resident, Male & Female
14 and Under to 75 and Over (5 years)

AMENITIES

Long Sleeve Tee (first 1000 entrants - 10K/5K),
Gift Packs, Post Race Runner's Party, Prize Drawing.

INFORMATION/DIRECTIONS

201-265-9321 • 910-686-0026
www.paramusrun.com • www.OYMP.net

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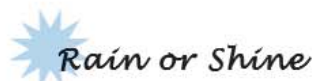


Sunday
October 18, 2009

Proceeds Benefit
The Paramus Scholarship Fund



www.OYMP.net



New Jersey
Grand Prix Event
500 Points

10K & 5K

OFFICIAL ENTRY FORM

last name first name

street city

state zip phone

date of birth age on race day

email gender

WAIVER: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive any claim that I may have against the Paramus Recreation Commission, Paramus Board of Education, Paramus Volunteer Ambulance Corps, Paramus Shade Tree and Parks Commission, the Paramus Police Department, Paramus Park Shopping Center, Crowne Plaza, OYMP or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am physically able to compete in this event.

signature (parent or guardian if under 18) date

Please make checks payable to:

The Paramus Run
475 Farview Avenue
Paramus, NJ 07652

ENTRY FEES (please check)

Event	Through 10/12	After 10/12
<input type="checkbox"/> 10K	\$20.00	\$25.00
<input type="checkbox"/> 5K	\$20.00	\$25.00
<input type="checkbox"/> 5K Health Walk	\$20.00	\$25.00
<input type="checkbox"/> Kids Fun Run	\$5.00	\$5.00

2009 USATF # _____

USATF Members \$18.00 by 10/12.

10K and 5K runs only

If you are entering the 10K and 5K Runs, please check both boxes and add \$10.00.