



# 5k & Fun Run



**Sunday, October 16, 2011**  
**Race Start 8:30 AM**  
**Oakland, NJ**

### AMENITIES

- DJ George from Triple A DJ
- Fun for the family
- Restrooms with showers
- Plenty of parking

T-Shirts guaranteed to first 250 Runners

### AWARDS

- Top 3 overall Male & Female
- NEW THIS YEAR!** Clydesdale & Athena
- Age Group Awards in 10-Year increments
- Ribbons and More for all Fun Runners

### INFORMATION AND TO VOLUNTEER

(201) 651-1010

[www.lakesidefitnessclub.com](http://www.lakesidefitnessclub.com)

julie@lakesidefitnessclub.com

### ONLINE REGISTRATION

<http://www.showclix.com/event/FiveKFunRun>



### WHERE

Lakeside Fitness Club

Oakland-McBride Corporate Park  
100 Bauer Drive, Oakland, NJ

USATF Certified Course with Water Stations

### WHEN

- 7:00 – 8:10 AM Pick-up Packets
- 8:30 AM 5k Race (Walk to follow)
- 9:30 AM Kids 1-Mile Fun Run
- 10:30 AM Awards Ceremony

### WHY

All proceeds benefit

The Matthew Larson Foundation

For more information visit

[www.ironmatt.org](http://www.ironmatt.org)



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**Checks payable to: IronMatt 5k; Mail to: IronMatt 5k ▪ Lakeside Fitness Club ▪ 100 Bauer Drive ▪ Oakland, NJ 07436**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address \_\_\_\_\_ 2011 USATF# \_\_\_\_\_

Gender  M  F Weight (if applying for Clydesdale/Athena Category) \_\_\_\_\_

Adult Tee Shirt Size  S  M  L  XL

**Waiver Release:** In consideration of this entry being accepted, I (together with my parent or guardian, if I am under the age of eighteen or under a legal disability) represent covenant and agree that myself, heirs, executors and administrators do accept and voluntarily incur all risks of any injuries, damages, or harm which arise during or result from my participation in this Event. I waive and release any and all claims for damages of any nature which I may have against any and all parties, groups, municipalities, organizations, volunteers, sponsors and (or) any representatives involved in this event and agree to hold such parties harmless from any claim arising in connection with this Event, specifically the Matthew Larson Foundation, Lakeside Fitness Club and the Borough of Oakland. I also give my permission without fee, for use of my name and (or) picture in any broadcast, telecast or print media account of this event. Further, I state that I am physically able to participate in this event. **The Matthew Larson Foundation strongly recommends that each participant/volunteer have an annual physical examination and carry personal health and accident insurance.**

### ENTRY FEES

- 5K Run-Walk by 10/9 \$20
- USATF Member by 10/9 \$18
- Fun Run by 10/9 \$10
- 5K after 10/9 \$25
- Fun Run after 10/9 \$12

I acknowledge that I have read and fully understand the conditions under which this entry is made and accept them.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Parent/guardian signature if participant is under 18 years of age \_\_\_\_\_