

Date & Location

Sunday, October 4, 2009 • Liberty State Park

Schedule

8:00 am	Registration (Flag Plaza)
9:30 am	5K Run
9:40 am	2 Mile Health Walk
10:30 am	Kiddie Dash
10:45 am	Awards Ceremony

Registration

By mail or online at www.ACTIVE.com
www.RaceForum.com/Negron

Entry Fees

5K	By 9/25	\$15
	2009 USATF BY 9/25	\$13
	After 9/25 & on race day	\$20
2 Mile Health Walk		\$15
50 Yard Kiddie Dash		Free

Course

USATF certified. On Liberty Walk with views of the Statue of Liberty, New York Harbor and the skylines of Manhattan and Jersey City. Flat, fast. Mile splits and water stop.

Awards (Individuals)

1, 2, 3 Overall and age groups, male and female.
1, 2, 3 Firefighters and officers
1, 2, 3 Visiting firefighters
1, 2, 3 Police officers

Age Groups

14 and Under to 75 and Over...5 Years

Amenities

Free parking • Restrooms • Post race refreshments Long Sleeve Carlos Negron T-shirt • Kiddie Dash

Scoring & Results

www.eliteracingsystems.com

Information

201-991-9103 • 201-434-4714



Rain or Shine



17th Annual 5K Run

CARLOS NEGRON MEMORIAL RUN

Sunday, October 4, 2009

Liberty State Park • Jersey City, New Jersey

**Benefiting: St. Barnabas Burn Foundation
Hosted by: Jersey City Firefighters**

Team Competition *Pre-registered only*

1. Jersey City Firehouses

Jersey City Fire Fighters will automatically be included in a team competition for their firehouse. Our computer will form three member teams and any number of teams from each firehouse can enter.

2. JC Probationary Firefighters Awards (1 year or less)

1st Place, 2nd Place, 3rd Place

3. Visiting Fire Fighter Teams

Out of Town Fire Fighters are invited to compete as a team for their Department. Team entries must be submitted together. Our computer will score three member teams and any number of teams from each town can enter.

Scoring based on the average of team members scores. Team entries must be submitted by September 25, 2009.



**New Balance
Grand Prix
500 points**



*A "Triple Crown" Race with the
Jimmy D 5K and the Fallen Heroes 5k*

Checks payable and mail to: Carlos Negron Memorial Run • 289 Union St. • Jersey City, NJ 07304

Entry Fees (please check only one)

last name	first name			
street	city	state	zip	
phone	date of birth	age on race day		
2009 USATF#	email	sex		

<input type="checkbox"/> 5K By 9/25	\$15
<input type="checkbox"/> 5K 2009 USATF BY 9/25	\$13
<input type="checkbox"/> 5K After 9/25 & on race day	\$20
<input type="checkbox"/> 2 Mile Health Walk	\$15
<input type="checkbox"/> 50 Yard Kiddie Dash	Free

T-Shirt Size S M L XL

If applicable

FDJC Company (pre-registered only)
Probationary FF
Out of Town Fire Department (pre-registered only)
Police Officer... Department Name (City) (pre-registered only)

Waiver / Release: For and in consideration for being accepted to participate in the Carlos Negron Memorial Run, I for myself, my heirs, executors, administrators and assigns do hereby expressly release and discharge the Carlos Negron Memorial Run, Inc. and all other associates of this event (hereafter releases) from all claims, demands, liability actions or judgments of any kind whether caused by the negligence of said releases which I now have or in the future have against releases arising out of my participation in this event. I have been examined by a licensed physician who has approved my participation in this event. I further authorize the use of my name and photograph in conjunction with publicity about this event.

signature (parent/guardian if under 18) _____ date _____