



## 15th Annual 5K

5K & Kids Fun Run  
Sunday, October 5, 2008

Madison Park  
Englewood, NJ  
(Madison Avenue  
near Broad Avenue)

All proceeds will be donated to the  
**Tomorrows Children's Fund**  
*Serving children and their families  
with cancer and serious  
blood diseases.*



October 5, 2008

FEATURING  
5K and Kids 1/2 Mile Fun Run  
Face Painting and Balloons  
Arts and Crafts Center  
Random Prize Drawings  
T-Shirt  
Refreshments



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Registration - 8:30 am  
5K Start - 10am  
Kids Fun Run Start - 10:45am

All proceeds will be donated to the Tomorrows Children's Fund  
Serving children and their families with cancer and serious blood diseases.  
Contact for sponsorship opportunities: 201.960.2427 or info@irasrun.com

#### SCHEDULE

- Registration 8:30 am
- 5K 10:00 am
- Kids 1/2 Mile Fun Run 10:45 am
- Awards 11:15 am

#### REGISTRATION

By mail or online at [www.irasrun.com](http://www.irasrun.com) or  
[www.practicehard.com](http://www.practicehard.com)

#### FEES

- Individuals** \$18 through 9/29  
\$16 USATF through 9/29  
\$25 after 9/29 & race day
- Family** \$54 through 9/29  
\$60 after 9/29 & race day
- Patron** \$250
- Sponsor** \$500

#### COURSE

Flat and hills. USATF certified,  
through upscale residential neighbor-  
hoods. Mile clocks, water stop.

#### SCORING

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

#### CASH PRIZES

Top 6 male/female overall winners:  
\$400, \$300, \$200, \$150, \$100 and \$50

#### AWARDS

- Top 3 m/f in 10 year age categories  
(14 & under, 15-19, 20-29, through  
70 & up)
- Top 3 in 5K stroller category
- Kids 1/2 Mile Fun Run  
Top 3 boy/girl winners; ribbons to  
all finishers

#### AMENITIES

Face painting and balloons, Arts and  
Crafts Center by The Art Place, Kids  
races/sports by CMEK (ages 3-7),  
Random Prize Drawings, T-Shirt and  
Refreshments.

#### KIDS 1/2 MILE FUN RUN

Open to kids up to 11 yrs. old.

 Rain or Shine



**CMEK**  
★ ALL STARS ★

**THE ART PLACE**  
Come to create. Leave with so much more.



[www.OYMP.net](http://www.OYMP.net)

### WHO BENEFITS?

The proceeds from Ira's Run are used for programming at The Tomorrows Children's Fund located in the DON IMUS/WFAN Pediatric Center at Hackensack University Medical Center. The Tomorrows Children's Fund exists to ease the pain and speed the healing of children and their families afflicted with cancer and serious blood diseases. The center is filled with love and hope and laughter. The staff of psychologists, social workers, art, music, dance and child life therapists use state of the art techniques combined with caring and compassion to help each child, sibling and parent deal with his or her own personal ordeals.

Ira's Run is held each year to honor the memory of Ira Sohn and to raise funds for Tomorrows Children's Fund. Ira was a loving father, a wonderful son, brother, grandson, nephew and friend. Ira, whose optimism, courage, warmth and wit touched everyone he met, died of cancer in 1993 at the age of 28.

### DIRECTIONS

**From NJ Turnpike going north.** NJ Turnpike/ I-95. Follow George Washington Bridge signs (LOCAL LANES) Take Exit 70A (Leonia). Slight right onto East Degraw Avenue (CR-12) Left turn onto Grand Avenue. (NJ-93) Right turn onto Madison Avenue.

**From The George Washington Bridge.** Take GWB and follow signs for RT-4 West. Take ramp toward Jones Road. Turn left on Jones Road. Turn Left on Van Nostrand Avenue. Turn Right on Broad Avenue and Left on Madison Avenue.



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### THANK YOU TO THE 2007 SPONSORS OF IRA'S RUN FOR TOMORROWS CHILDREN!!!

#### 2007 Corporate Sponsors

|                                 |                              |
|---------------------------------|------------------------------|
| Abeles & Heyman                 | Kehillat Keshet              |
| Astoria Surgical Supplies North | Kosher Sports, Inc.          |
| Beacon Wealth Management        | Little Scoops                |
| Ben & Jerry's of Englewood      | Main Event Caterers          |
| Bloch, Bloch & Gertler, DDS     | Michael Strauss Silversmiths |
| Buckley's Drug Store            | The Moriah School            |
| Carlbert Drugs, Inc.            | Noah's Ark                   |
| CMEK                            | Petrecce & Sons Construction |
| Dougies Bar-B-Que               | RFK Corporation              |
| Glatt Express                   | Sterling Cleaners            |
| The Gym                         | The Art Place                |

#### Family Sponsors

|                                       |                                  |
|---------------------------------------|----------------------------------|
| The Ader family                       | The Lemmer family                |
| The Adler family                      | The Lichtiger family             |
| The Andron family                     | The Lissauer family              |
| The Agus family                       | The Mark family                  |
| The Berman family                     | The Mendelsohn family            |
| The Bernstein family                  | The Meyers family                |
| The Billig family                     | The Moche family                 |
| The Blumenthal family                 | The Pickholz family              |
| The Botnick family                    | The Oppenheimer/Tauber family    |
| The Brodenson family                  | The Parker family                |
| The Dardik family                     | The Rosner family                |
| Peggy and Phil Danishefsky & family   | The Rothenberg family            |
| The Dauber family                     | James and Jill Schwalbe & family |
| The Englander family                  | The Seif family                  |
| The Federbush family                  | The Silver family                |
| The Furst family                      | The Smith/Leiderman family       |
| The Flechner/Schechter family         | The Sohn family                  |
| The Freyer family                     | The Stock family                 |
| The Furst family                      | The Stern/Blumenthal family      |
| The Glenn family                      | The Tauber family                |
| Judith and Matthew Goldsmith & family | The Teigman family               |
| Sandra and Barry Goldsmith & family   | The Tobias family                |
| The Greif family                      | Mayor Michael Wildes & family    |
| The Grunwald family                   | Lisa and Burt Wisotsky & family  |
| The Hoffen family                     | The Zabronsky family             |
| The Kaufthal family                   | The Zaslawsky/Daniel family      |
|                                       | The Zelig family                 |

#### Patrons

|                        |                               |
|------------------------|-------------------------------|
| The Ashendorf family   | The Parness family            |
| The Badner family      | The Petak family              |
| The Blank family       | The Petrucci family           |
| The Blinder family     | The Rabinowitz family         |
| The Breslaw family     | The Rubin/Houpt family        |
| The Diener family      | The Rosner family             |
| The Erber family       | The Schwechter family         |
| The Forman family      | The Solowiejczyk family       |
| The Granoff family     | The Stein family              |
| The Gribetz family     | The Szubin/Katzman family     |
| The Houpt/Rubin family | The Daniel Strauss family     |
| The Ilan family        | The Teicher family            |
| The Kubersky family    | Harley and Eli Ungar & family |
| The Lubin family       | The Wiederhorn family         |
| The Niewood family     |                               |

For sponsorship opportunities contact 201.960.2427 or info@irasrun.com

## 2008 ENTRY FORM

Sunday • October 5, 2008  
Madison Park • Englewood, NJ  
(Madison Avenue near Broad Avenue)

Each participant must complete an application

Please make checks payable to  
Tomorrows Children's Fund - Ira's Run  
Mail to OYMP • P.O. Box 738 • Clark, NJ 07066



|  |               |                               |                                 |
|--|---------------|-------------------------------|---------------------------------|
| last name                                |               | first name                    |                                 |
| names of other family members registered |               |                               |                                 |
| street                                   | city          | state                         | zip                             |
| telephone                                | email         | <input type="checkbox"/> Male | <input type="checkbox"/> Female |
| age on October 5, 2008                   | date of birth | 2008 USATF #                  |                                 |

Event Entered  5K  Kids Fun Run  Kids Activities - FREE races & sports  
*Waiver must be signed by parents for Kids Fun Run and Kids Activities participants*

#### Fees (please check)

| Event   | Through September 29 | After September 29 |
|---|----------------------|--------------------|
| <input type="checkbox"/> 5K/Kids Fun Run Individual                           | \$18.00              | \$25.00            |
| <input type="checkbox"/> 5K (USATF Member)                                    | \$16.00              | \$25.00            |
| <input type="checkbox"/> 5K Family (up to 5 participants - 3 shirts)          | \$54.00              | \$60.00            |
| (One entry form for each participant; must be mailed together)                |                      |                    |
| <input type="checkbox"/> Patron - up to 5 shirts                              | \$250                |                    |
| <input type="checkbox"/> Sponsor - shirts for the family and an Ira's Run Hat | \$500                |                    |

#### T-Shirt Size

YS  YM  YL  
 S  M  L  XL

Total # of Family Participants \_\_\_\_\_

I cannot join in the fun but enclosed is a check for \_\_\_\_\_

I would like to be a volunteer for The Run \_\_\_\_\_

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 City of Englewood, Bergen County, The Sohn and Lissauer Families, Tomorrows Children's Fund, 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/guardian if under 18)

date