



November 1, 2009

16th Annual 5K



IRA'S RUN

5K and CMEK Kids 1/2 Mile Fun Run

Sunday, November 1, 2009

Madison Park Englewood, NJ

(Madison Avenue
near Broad Avenue)

All proceeds from Ira's Run will be used to help support children and their families struggling with illness and other disabilities.

FEATURING

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



IRA'S RUN

SCHEDULE

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

REGISTRATION

By mail or online at
www.practicehard.com

EVENT WEBSITE

www.irasrun.com

FEES

- 5K \$18 by 10/26
- \$16 USATF by 10/26

\$25 after 10/26 & race day

CMEK Kids 1/2 Mile Fun Run \$10

SPECIAL CATEGORIES

SPONSOR \$500

Includes 10 entries, VIP Race Day
Registration, Preferred T-shirt
Recognition.

PATRON \$250

Includes 6 entries, VIP Race Day
Registration, T-shirt recognition

E-mail mzrace@oymp.net
for a special Sponsor or
Patron Application.

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Raising Funds for worthy charities since 1994
in loving memory of Ira Sohn.
Sponsorship opportunities: 201.960.2427
info@irasrun.com

COURSE

USATF certified. Flat and hills
through upscale neighborhoods.
Mile clocks, water stops.

SCORING

www.compuscore.com

CASH PRIZES (\$1500)

Top 3 Male/Female Overall:
1. \$400 2. \$250 3. \$100

AWARDS

- 1,2,3 Overall, Male and Female
- 5 Year Age Groups
- 14 & Under to 70 & Over
- Finishers Medals to all 14 & Under
- Top 3 Stroller Finishers
- Ribbons for all CMEK Fun Run 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, Refreshments and DJ.

CMEK 1/2 MILE FUN RUN

- Kids, Age 2-11.
- Top Three Boy/Girl Awards



CMEK
★ ALL STARS ★

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



Rain or Shine

WHO BENEFITS?

Proceeds from the 2009 Ira's Run will be directed to help support children coping with illness and other disabilities. Beneficiaries of this years' Run include:



ENGLEWOOD
HOSPITAL AND MEDICAL CENTER
A Division of RWJ Health Services of Englewood

Ira's Run was established in 1994 in memory of Ira Sohn who died of cancer at the age of 28. Ira's wit, warmth, courage and optimism touched everyone he met and he would be glad that this Run that honors his life benefits worthy individuals and families. His family launched the first Ira's Run to bring friends, families and communities together to celebrate life and raise money for meaningful causes.

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.

THANKS TO OUR 2008 IRA'S RUN SPONSORS!

2008 Corporate Sponsors

Abeles & Heymann	Michael Strauss Silversmiths
The Art Place	Main Event Caterers
Ben & Jerry's of Englewood	Noah's Ark
Benzel-Busch-Smart Car Center	Shelly's Vegetarian Café
Cafe R	Space Odyssey
CMEK All Stars	The Moriah School
Dash Printing	Two Roomies
Douglas's BBQ	
Englewood Cliffs Physical Therapy	

Family Sponsors

The Ader family	The Lichtiger family
The Adler family	The Mark family
The Andron family	The Mendelsohn family
The Bernan family	The Meyers family
The Bernstein family	The Mochoe family
The Billing family	The Oppenheimer/Fauber family
The Bornick family	The Pickholz family
The Broderson family	Nava & Jeff Parker and family
The Dauber family	The Rose Family
The Englander family	Lisa & Jonathan Schechter and family
The Federloush family	Jill & James Schwalbe & family
The Flechner/Schechter family	The Seif family
The Furst family	The Silver family
Judith and Matthew Goldsmith & family	The Smith/Leideman family
Sandy and Barry Goldsmith	The Sohn family
The Grief family	The Stern/Blumenthal family
The Gunwald family	The Telcher family
The Hoffen family	The Teigman family
The Houpp/Rubin family	The Tobias family
The Kaurfhal Family	Lisa and Burt Wisotsky & family
The Lemmer family	The Zaslowsky/Daniel family

Patrons

The Blank family	The Katzman family
The Binder family	The Kubersky family
Marcy & Adam Cohen and family	The Kukin family
The Eichenholz family	The Lubin family
Iris and Jon Fox	Jordana and Avi Mochoe
Michal & Nate Fox and family	The Nierenberg family
Phyllis & Benjamin Freilich and family	The Kukin family
Alyssa & Jay Goldberg and family	The Parnass family
Joy & Michael Goldsmith and family	The Perla family
The Granoff family	The Petak Family
Rhonda & Michael Gribeiz and family	The Rosner family
The Harvey family	Michelle & Dov Schwartz and family
The Herschmann family	Elisabeth & Peter Schwartz and family
The Houpp/Rubin family	The Solowiczuk family
	The Stein family
	The Trachtenberg family
	Harley & Eli Ungar and family

For sponsorship opportunities contact 201.960.2427 or Info@irasrun.com

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2009 ENTRY FORM

Sunday • November 1, 2009

Madison Park • Englewood, NJ

(Madison Avenue near Broad Avenue)

Each participant must complete an application

A printable version of the application can be found at www.irasrun.com

Please make checks payable to Ira's Run

Mail to Will to Win, PO Box 6, Hammonton, NJ 08037

last name

first name

street

city

state

zip

telephone

email

male female

age on November 1, 2009

date of birth

2009 USATF #

EVENT ENTERED 5K CMEK Kids Fun Run

Waiver must be signed by parents for Kids Fun Run.

FEES (please check)

Event	Through October 26	After October 26	T-SHIRT SIZE
<input type="checkbox"/> 5K	\$18.00	\$25.00	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
<input type="checkbox"/> 5K (USATF Member)	\$16.00	\$25.00	<input type="checkbox"/> YS <input type="checkbox"/> YM <input type="checkbox"/> YL
<input type="checkbox"/> CMEK Kid's Fun Run	\$10.00	\$10.00	(Y = Youth)

I cannot join in the fun but enclosed is a check for _____
I would like to be a volunteer for Ira's Run _____

SPONSORS AND PATRONS: PLEASE SEE SPECIAL CATEGORIES SECTION ON THE PAGE THAT CONTAINS THE SCHEDULE.

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, O'YMP or their representatives, successors or assigns 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

Event info at www.irasrun.com