



**16<sup>th</sup> Annual Ira's Run**  
**Family sponsorship- \$500 (up to 10 entries) \*Family patron- \$250 (up to 6 entries)**

	Last, First	Sex	Age on 11/1/09	USATF# (Only if a member)	T-Shirt S,M,L,XL YS,YM,YL	5K or 1/2 M Cicle one
#1						
#2						
#3						
#4						
#5						
#6						
#7						
#8						
#9						
#10						

Address:			
Street	City	Sate	Zip
Telephone	e-Mail		

WAIVER: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive any claim that I and those <b>who I have registered for Ira's Run</b> 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 the event			
Signature			

Please make checks payable to:      Ira's Run  
 Mail to:                                      Will to Win, PO Box 6, Hammonton, NJ 08037