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Tara Zimlik
www.tarasbootcamp.com
Photo by P. William Smithuysen

RACE APPLICATIONS
AND INFORMATION
INSIDE!



See our ad on P.16

Main Street
5K Festival
AND BUSINESS EXPO

To benefit



Saturday, April 24, 2010

www.MainStreetEvents.org

USATF-NJ Men's Open Championship
Saturday, May 8, 2010

NEWPORT TOWN SQUARE
ON THE HUDSON
JERSEY CITY, NJ



2010 Sunday, May 9
rubin run

Kaplen JCC on the Palisades

Tenafly, New Jersey 10K Run + 5K Run/Walk

CASA
KIDS
5K RUN

Third Annual
CASA Kids 5K Run
May 15, 2010
Lawrenceville, NJ

Benefiting CASA of Mercer County

Save the Ride of Your Life
American Diabetes Association.
Tour de Cure

Central New Jersey, Sunday, June 6th
Northern NJ, Sunday, June 13th
Jersey Shore, Saturday, June 19th

www.diabetes.org/tour



PENNINGTON 5K
SATURDAY, MAY 15, 2010
Race to Remember



Register Online

RaceForum.com/YMCA

NO EXTRA FEES **RACE FORUM**



WE DISTRIBUTE APPLICATIONS AND SCHEDULES
FOR THE METROPOLITAN AREA RUNNER AND MULTI-SPORT ATHLETE.
RACEFORUM.COM HAS OVER 230 CONFIRMED TRI-STATE AREA EVENTS

2010 IS OUR 19TH SUCCESSFUL YEAR!

RUNNING • MULTISPORT • SWIMMING • CYCLING • TRAINING

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