

Thank You to All Our Sponsors

We thank you for making this event possible. Thank you to all our race volunteers, organizers, and sponsors for the help with the race.

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Den of Lions
Attn: Carlos Mart
18 Gotthart St.
Newark, NJ 07105



[NAME]
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Place
Stamp
Here



2014 Portugal Day Races

Organized By Den of Lions

Open & Masters
Prize Money (\$1200)



USATF-CERTIFIED-
FLAT COURSE



36th Annual Portugal Day Races

Time/Date: 6-8-14, 5KM 9:00am, Parente Mile 9:45am Cravo Kiddy Dash to follow

Place: 82-84 Ferry St., Newark NJ - At Iberia Restaurant Parking lot ****RACE PARKING ONLY- Iberia Restaurant parking lot on Congress St. Only for race! ****

Directions: From Rt.21 North right/ south left turn into Edison Place onto Ferry St (One block from Newark Penn Station). Go two blocks and on the left is Iberia Restaurant.

Courses: Parente Mile Run, Cravo Kiddy Dash, and 5Km: USATF certified, flat course, road race

Registration:

Pre- 5KM: USATF-NJ MEMBER \$16, Non-USATF-NJ \$20, (Postmarked by 6/1.) **Parente Mile:** \$10 (postmarked by 6/1.) **Cravo Kiddy Dash:** Participants 8 and under **Free** entry.

Day of Race- 5KM: \$23 FOR ALL. **Parente Mile:** \$14 (entries close at 9:30AM) **Cravo Kiddy Dash:** Participants 8 and under **Free** entry.

Online Registration- @COMPUSCORE.COM until 6/5/14

Contact: Call (201) 650-1220 after 7pm or email Cacm1969@aol.com

Info: Results and race info can be found at compuscore.com or portugaldayraces.com



Rain or Shine



Awards

For every entry, \$1 will be donated to the National Pancreatic Cancer

5KM-

- For 1st(\$150), 2nd(\$100), 3rd(\$50), overall male/female.
- Top 3 Age group Awards: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+
- AGE GRADED PRIZE MONEY FOR TOP 3 USATF-NJ Masters (40+) MALE/FEMALE. (\$150-\$100-\$50)
- Domingos Cravo Award (Oldest & Youngest finisher)

Parente Mile- Medals to all participants

Cravo Kiddy Dash- All participants receive a medal

There will be a award ceremony raffle after the race. Please be present to receive award or prize Amenities: Refreshments and snacks

Raffle- A raffle will be held after award ceremony. We will be raffling off a SOLEUS WATCH, FLAT SCREEN TV, and PEARL IZUMI GEAR

Shirts shirts to all 5KM participants

Pearl Izumi bottles to the first FIFTY 5k pre-registers!

Share your Portugal Day Race photos on our Facebook Page!



Mail in Pre-Registration Form

*****Postmarked by 6/1*****

<i>Check one of the boxes:</i>	<i>Price</i>
<input type="checkbox"/> 5KM USATF-NJ Member	\$16.00
<input type="checkbox"/> 5KM Non-USATF-NJ	\$20.00
<input type="checkbox"/> Parente Mile Run	\$10.00

Name _____

Address _____

City _____ State _____ Zip Code _____

Sex _____ Age(On race day) _____ Date of Birth _____

Phone # _____

E-mail _____

Method of Payment:
 Make Checks Payable To: Den of Lions-Sports Academy
 Mail Entry To: Den of Lions, Attn: Carlos Martins-18
 Gotthart St. Newark, NJ 07105

Check Cash

Circle Shirt Size-
 XL M S

Race Timing Chip# _____ Race Number _____

USATF-NJ# _____

Signature (signature required)
 In consideration of the acceptance of this entry, I hereby waive and release all claims for damage or injury I may have against the Den of Lions, City of Newark, sponsors of the Portugal Day Races held on Sunday June 8, 2014. I attest and verify that I am physically fit and have trained sufficiently for this race.