



**PORTUGAL DAY RUN 5KM
USATF-NJ MASTERS WOMEN'S 5KM
CHAMPIONSHIP
PRIZE MONEY \$\$2700\$\$
MILE - KIDDIE DASHES - WHEELCHAIR
NEWARK, NJ (IRONBOUND)
JUNE 11, 2006**

RAFFLE PRIZES INCLUDE:

Gift Certificates to local Portuguese Restaurants
Specials prize by local merchants
And much more!!!!

Special Thanks to all Sponsors:

SUMOL
IBERIA RESTAURANT
FLEET FEET SPORTS
SEABRA GROUP
IRONBOUND AMBULANCE SQUAD
RADIO LUSO AMERICAN CB'S
CITY OF NEWARK-NEWARK POLICE
SPT TELEVISIO-SIC INTERNATIONAL
LUSO AMERICANO NEWSPAPER
MUNDO MAGAZINE
TRIUNFO IMPORT & EXPORT
RTP INTERNATIONAL
DJ JOHN AVILA

Time: 5KM 9:00am, Mile 10:00am Kiddy Dash to follow
Place: 82-84 Ferry St., Newark NJ
At Iberia Restaurant Parking lot
Entry-Fees:
5KM USATF MEMBER \$12, Non-USATF \$15, Postmarked by 6/5/06
(Day of race) \$20 FOR ALL
WHEELCHAIR-FREE ENTRIES
Mile \$7(postmarked by 6/5/06, \$10(Day of race)
Mile (entries close at 9:30AM)
Kiddie Dash Participants 5 and under. Free entry.



Awards:

5KM(\$\$OVERALL WINNER MALE/FEMALE \$\$)
For 1st, 2nd, 3rd, overall male/female (\$300, \$200, \$100).
MASTERS WOMEN(\$350,\$250,\$200,\$175,\$150,\$125,\$100,\$50,\$50,\$50)
WMA Age Graded & USATF-NJ ONLY for Masters Women prize money
WHEELCHAIR- Male/Female Trophy top 3
Mile Trophies to first 3 Male/Female Medals to all participants
Kiddy Dash All participants receive medals
Age Groups: In five age increments for 5KM
T-Shirts: T-shirts to all pre-registrants and post-registrants while supplies last
Results and race info can be found at www.compucore.com or www.denoflions.com
RACE PARKING ONLY- Iberia Restaurant parking lot on Congress St.
*******Due to the Portugal Day Festivities parking is only for time of 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.

Additional info: For prize money, you must be 18 and over. **Contact:** Call (973) 589-7878 after 7pm or email Cacm1969@aol.com

Mail-in Registration Form

Make Checks Payable To: Den of Lions-Sports Academy

Mail Entry To: Den of Lions, Attn: Carlos Martins-18 Gotthart St. Newark, NJ 07105

RACE NUMBER _____

NAME: _____ SEX: _____ AGE: On race day _____

ADDRESS: _____ D.O.B. _____

CITY: _____ STATE: _____ ZIP: _____

USATF# _____ CHAMPIONSHIP TIMING CHIP# _____

RACE: Circle one 5KM Mile Wheelchair T-SHIRT SIZE: XL L M S

SIGNATURE:(Parent signature if under 18) _____

In consideration of the acceptance of this entry, I hereby waive and release all claims for damage or injury I may have against the Coutinho Foundation, Den of Lions, City of Newark, sponsors of the Portugal Day Races held on Sunday June 11, 2006. I attest and verify that I am physically fit and have trained sufficiently for this race.