



15th ANNUAL SPRING THAW 5k and 1 Mile Race

Saturday, March 17, 2012

LIBERTY STATE PARK • RAILROAD TERMINAL
EXIT 14B ON THE NJ TURNPIKE • JERSEY CITY, NJ

Proceeds from the race help to benefit all of Saint Dominic Academy's sports programs. Featured events include:

- A short Kiddie run - After 5k - \$10 fee
- 1 Mile run/walk - 9:30 a.m. - \$20 fee
- 5K run - 10:00 a.m. - \$25 fee
- USATF CERTIFIED COURSE

All participants will enjoy:

- DJ and MUSIC
- FOOD AVAILABLE
- QUALITY CUSTOM COTTON T-SHIRT
- KIDS MEDALS
- EASY MASS TRANSIT ACCESS

COME BY TRANSIT! EASY TRANSIT FROM NYC AND HOBOKEN. FREE SHUTTLE BUS AT LIBERTY STATE PARK-RIDE STATION FROM THE HUDSON BERGEN LIGHT RAIL. SEE WEBSITE FOR MAPS AND SCHEDULES.



Saint Dominic Academy

EMPOWERING WOMEN FOR LEADERSHIP SINCE 1878



**SPLIT SECOND
RACING**

WWW.RACEFORUM.COM/SPRINGTHAW

ONLINE REGISTRATION, MAPS AND APPLICATION

PLEASE USE ONLINE REGISTRATION... NO EXTRA FEES!

FOR MORE INFORMATION

E-mail: nagelj@jcnj.org • Phone: (201) 434-5938 ext. 33 or (201) 401-7394

NO EXTRA FEES ONLINE REGISTRATION PLEASE USE ONLINE REGISTRATION

Direct Link to Online Registration
www.RaceForum.com/SpringThaw

