



TEF 5k Presenting Sponsors



**Sunday, June 6, 2010**

Rain or Shine

Tenafly Middle School, 10 Sunset Lane, Tenafly, NJ  
For information, please call 201.567.8313  
or email [info@tenafly5k.com](mailto:info@tenafly5k.com)

**5k Run** Featuring Elite Runner Start and ChampionChip Timing by CompuScore  
**5k Stroller Trot**  
**5k ROLO Dog Walk**  
**JCC 1-Mile Fun Run**  
**1-Mile Doggie Fun Run & Parade**  
**New! TD Bank Challenge Events**  
For Children and Adults with Special Needs

**Amenities**

- T-Shirts, Water Bottles, Tote Bags & Giveaways to all registrants.
- DJ, Face Painting, Fitness Demonstrations & Refreshments.

**Early Packet Pick-up Schedule**

Pre-registrants can pick up bags, race numbers and T-shirts at Tenafly Public Library, McCandless Room on Friday afternoon, June 4, 3:00 - 6:00 pm.

**Race Day Schedule**

7:30 - 8:30 ... Check-in  
9:00 ..... 5k Run/Walk/Stroller Trot  
9:10 ..... 5k ROLO Dog Walk  
10:00 ..... TD Bank Special Needs Challenge Course  
10:00 ..... Dog Parade  
10:30 ..... JCC 1-mile Fun Run  
10:40 ..... 1-mile Doggie Fun Run  
10:45 ..... TD Bank Special Needs 1-lap Run  
11:15 ..... Awards

**TEF 5K COMMUNITY RECYCLING PROJECT**  
**VISIT THE "TEF CLUB" TABLE AT THE TEF 5K**

Bring your used & old cell phones, iPods, & laptop computers (no chargers or accessories) in any condition to the 5k & we'll recycle them for you!  
Help the environment!  
Help the Tenafly Public School System!



**Trophies for Winners Ages 5-85**

**RUNNER AWARDS**

Top 3 5k M & F overall; Top Tenafly resident M & F; Top 3 Stroller Trotters & 5K Dog Walkers; Age Group Awards to Top 3 M & F non-Tenafly 13 & under, non-Tenafly 14-18, all towns 19-29, 30-34\*, 35-39\*, 40-44\*, 45-49\*, 50-54\*, 55-59\*, 60-69, 70-79, 80+.  
(\*new award category)

**NORMAN EISENBERG LIFETIME FITNESS AWARD**

As a dedicated athlete, football player and health advocate, Norman embraced TEF for supporting values that encouraged young people and families to stay fit. In his memory, TEF will honor a member of the community who shares Norman's dedication to lifetime fitness.

**TENAFLY SCHOOL AWARDS**

Top 3 M & F 5k runners in every grade, K-12.

**MEDALS TO ALL FUN RUNNERS**

Adults and children are encouraged to participate.

**MEDALS TO ALL TD BANK CHALLENGE PARTICIPANTS**

TD Bank Challenge Course for children and adults with special needs will open on the football field at 10:00, followed by a 1-lap Run, 100-meter Ambulatory Challenge, and 100-meter Wheelchair Challenge on the track at 10:45. Participants can enjoy these activities with or without a supervising partner. This is not a drop-off activity.

**DOG PARADE PET AWARDS**

Obstacle Course and Contests in Dog Parade for Best Dog-and-Human Look Alikes, Best Dog-and-Human Dance, Best Trick for a Biscuit, Best Hair and Nails, and Doggie Idol.

**WHAT IS TEF?**

TEF is a private non-profit organization run by parents in the Tenafly School District who raise money to fund discretionary grants for Tenafly educators. One of the first educational foundations to be established in New Jersey, TEF has been in existence since 1984. For more information go to [www.tefnj.com](http://www.tefnj.com)

To register or get travel directions go to [www.Tenafly5k.com](http://www.Tenafly5k.com)

NEW FASTER COURSES



**Sunday, June 6, 2010**  
**Tenafly Middle School**

**tef Tenafly EDUCATIONAL FOUNDATION**

5K Run • 5K Dog Walk • 5K Stroller Trot  
New TD Bank Challenge Course & 1-Lap Run  
JCC 1-Mile Fun Run • Doggie Fun Run  
Dog Parade • Family Health & Fitness Fair

Non-Profit Org.  
US Postage  
PAID  
Tenafly, NJ  
07670  
Permit No. 23

**tef Tenafly EDUCATIONAL FOUNDATION**  
P.O. Box 384, Tenafly, NJ 07670

Register at [www.Tenafly5k.com](http://www.Tenafly5k.com)



Warm up for the Tenafly5k at the  
2010 Rubin Run, 10K • 5K Run/Walk • Spin-a-thon  
Mom's Day, Sunday May 9  
Kaplan JCC on the Palisades [www.jccolp.org](http://www.jccolp.org)

Register at  
[www.Tenafly5k.com](http://www.Tenafly5k.com)

ONE FORM PER PERSON  
(PHOTOCOPY THIS FORM)

OFFICIAL USE ONLY

Bib #: \_\_\_\_\_  
Initials: \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

Email Address \_\_\_\_\_

Gender  M  F Age on Race Day \_\_\_\_\_

# Years Running TEF 5k \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Tenafly Students or Faculty \_\_\_\_\_ SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

Check all that apply

5k Run/Walk/Stroller Trot  5k ROLO Dog Walk \$ \_\_\_\_\_

Pre-reg: \$15 adults/\$10 students under 18

Race Day: \$20 adults/\$12 students under 18

Kids under 5 Free

TD Bank Special Needs Challenge Course \$ \_\_\_\_\_

1-lap Run, 100-meter Ambulatory Challenge,  
and 100-meter Wheelchair Challenge

Pre-reg & Day of Race: \$10

JCC 1-Mile Fun Run  Dog Parade  Doggie Fun Run \$ \_\_\_\_\_

Pre-reg & Day of Race: \$10

Free for 5k Runners/Walkers

\$2 Discount to the following:

Employee of (circle one): Englewood Hospital and Medical Center,

Kaplen JCC on the Palisades, CNN, and TD Bank

2010 USATF-NJ # \_\_\_\_\_

Senior Citizen

TOTAL \$ \_\_\_\_\_

RELEASE FORM: In consideration of the foregoing, I for myself, my executors, administrators and assignees do hereby release and discharge the officials and sponsors of this run for injury or illness which may directly or indirectly result from my participation and I am in proper condition to participate. I further give rights of reproduction for publicity use all photos taken of me at this event.

SIGNATURE (PARENT IF ENTRANT IS UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_


Mail-in Deadline: Wednesday, June 2, 2010

Make check payable to TEF and mail with completed form to PO Box 384, Tenafly, NJ 07670

For further information, call 201-567-8313  
Email [info@tenafly5k.com](mailto:info@tenafly5k.com)

▶ Register at [www.Tenafly5k.com](http://www.Tenafly5k.com)


Please Support Our TEF 5k Sponsors



**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER™  
AN AFFILIATE OF MOUNT SINAI SCHOOL OF MEDICINE

## Your Community, Your Healthcare

For a physician call: 1-866-980-EHMC(3462)  
or visit: [EnglewoodHospital.com](http://EnglewoodHospital.com)



Join us and meet  
Englewood Hospital  
and Medical Center's  
Pet Therapy Dog  
**ROLO**

*Englewood Hospital Pet Therapy  
Care, Affection, Companionship*

Parent Association  
for Special Education in Tenafly  
**PASET**

is a parent organization designed to facilitate the exchange of information and promote parent advocacy in an effort to improve the school system for all children.

PLEASE JOIN US!!  
WE NEED YOUR HELP TO MAKE A DIFFERENCE!  
CONTACT ANY PARENT REPRESENTATIVE AT  
[INFO@PASET.ORG](mailto:INFO@PASET.ORG)

# NEW Fitness Center Now Open!

- Individual, family & senior membership options now available!
- No building fund required



[www.jccotp.org](http://www.jccotp.org)  
[join@jccotp.org](mailto:join@jccotp.org)

Kaplen  
**JCC on the Palisades**



**201.408.1448**

411 East Clinton Avenue  
Tenafly, NJ 07670