



5K Off Road Run  
Fun Run  
Barbecue

# 12th Annual Mark Jardim Memorial Jog

Sunday October 13th, 2013      1:00 PM      Cheshire, CT

**SCHEDULE:** Sunday October 13<sup>th</sup>, 2013  
Cheshire Park, Route 10, Cheshire, CT

**11:30-12:45** Packet pickup and onsite registration\*  
**1:00** Start of 5K Run  
Start of Fun Run & Barbecue  
to follow completion of 5K

**5K REGISTRATION:**

To pre-register, please fill out the entry form and mail to the address given below by September 30, 2013. A \$20 registration fee per participant (\$50 maximum per family across the 5K and Fun Run) is requested to help cover costs and raise money for Cheshire-based charities and organizations including the Mark S. Jardim Memorial Scholarship Fund. All registered participants will receive a t-shirt. Awards will be presented for top finishers across several categories.

\* Pre-registration is greatly appreciated by the organizers to assist in planning this event. Day of Event Registration is also available.

**FUN RUN REGISTRATION:**

A noncompetitive Fun Run for children and adults will be held following the 5K. A registration fee of \$5 per participant is requested (\$50 maximum per family across the 5K and Fun Run). All registered participants will receive a t-shirt.

**BARBECUE:**

A barbecue will follow the Fun Run at Cheshire Park Pavilion. Hot dogs, hamburgers, soft drinks, and other picnic foods will be available. Participants are welcome to bring additional picnic items to the event.

**PURPOSE:**

The purpose of the event is to gather together and enjoy an afternoon with Mark’s family and the many friends he made during his life. Aside from having some fun, a portion of the proceeds from the event go to the Mark S. Jardim Memorial Scholarship Fund at Cheshire High School and other Cheshire-based charities and organizations. The event gives back to the Cheshire community that was so important to Mark. Please visit our website for more information:  
[www.markjardimmemorialjog.com](http://www.markjardimmemorialjog.com).

**HISTORY:**

Mark’s family and friends created the MJMJ in his memory in the months following his tragic death. Mark was lost on September 11<sup>th</sup>, 2001 in the World Trade Center attacks. Mark spent much of his life in Cheshire and had been a member of the Cheshire High School track and cross country teams. He continued to be an avid runner as an adult. Mark’s family and friends knew that a running event that would bring people together for a few laughs would be a perfect tribute to him. Although Mark had followed his career to New York, he often returned to Cheshire to visit with his parents. Mark’s mother remains a long time resident in town.

**For more details visit:** [www.markjardimmemorialjog.com](http://www.markjardimmemorialjog.com)  
**Email:** [info@markjardimmemorialjog.com](mailto:info@markjardimmemorialjog.com)

Friends of Mark, Inc. is a nonprofit corporation organized under Section 501(c)(3) of the Internal Revenue Code.

Donations above and beyond the registration fees are welcome and greatly appreciated.

**Individual Registration**

Make checks payable to Friends of Mark, Inc.

Send to: Friends of Mark, Inc., PO Box 541, Cheshire, CT, 06410

A \$20 registration fee for 5K runners is required (a signed form is required for each participant). The registration fee for all Fun Run participants is \$5. \$50 max. fee per family across the 5K and Fun Run.

Name \_\_\_\_\_ 5K \_\_\_ FunRun \_\_\_ Female \_\_\_ Male \_\_\_ Age \_\_\_ DOB(M/D/Y) \_\_\_ / \_\_\_ / \_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_  
Email \_\_\_\_\_ Adult T-Shirt Size(s) \_\_\_\_\_ Kid’s T-Shirt Size(s) \_\_\_\_\_  
Amount Paid: Reg. fee \_\_\_\_\_ Donation \_\_\_\_\_ Total \_\_\_\_\_ Check # \_\_\_\_\_ Cheshire High Alumni (name) \_\_\_\_\_

I KNOW THAT PARTICIPATING IN AN OFFROAD RACE IS POTENTIALLY HAZARDOUS ACTIVITY. I WILL NOT ENTER AND PARTICIPATE UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. BY SIGNING BELOW OR BY SIGNING FOR MY CHILD, I ASSUME ALL RISKS FROM PARTICIPATING IN THIS EVENT AND ITS RELATED ACTIVITIES, INCLUDING BUT NOT LIMITED TO, FALLS, CONTACT WITH PARTICIPANTS, EFFECTS OF THE WEATHER, AND CONDITIONS OF THE COURSE, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND RELEASE AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY FEE AND PARTICIPATION, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF WAIVE AND RELEASE THE TOWN OF CHESHIRE, THE STATE OF CONNECTICUT, FRIENDS OF MARK, ALL SPONSORS AND THEIR RESPECTED AFFILIATES, RACE OFFICIALS, VOLUNTEERS, ALL RELATED ACTIVITIES WHICH I OR MY SUCCESSORS, ASSIGNS OR HEIRS MAY EVER HAVE NOW OR IN THE FUTURE AGAINST ANY OF THEM. I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTOGRAPHS, MOTION PICTURES, RECORDINGS, OR ANY OTHER RECORD OF THIS EVENT FOR ANY LAWFUL PURPOSE. I KNOW THAT DOGS, BICYCLES, BABY JOGGERS, AND MOTORIZED VEHICLES ARE NOT ALLOWED ON THE COURSE.

Signature of participant (Parent signature if under 18)

Date

**Family Registration**

**Make checks payable to Friends of Mark, Inc.  
Send to: Friends of Mark, Inc., PO Box 541, Cheshire, CT, 06410**

**A \$20 registration fee for each 5K runner runner is required  
A \$5 registration fee is requested for all Fun Run participants.  
There is a maximum fee of \$50 per family across the 5K and Fun Run.**

Runner 1: \_\_\_\_\_ 5K \_\_\_ FunRun \_\_\_ Female \_\_\_ Male \_\_\_ Age \_\_\_ DOB(M/D/Y) \_\_/\_\_/\_\_  
Runner 2: \_\_\_\_\_ 5K \_\_\_ FunRun \_\_\_ Female \_\_\_ Male \_\_\_ Age \_\_\_ DOB(M/D/Y) \_\_/\_\_/\_\_  
Runner 3: \_\_\_\_\_ 5K \_\_\_ FunRun \_\_\_ Female \_\_\_ Male \_\_\_ Age \_\_\_ DOB(M/D/Y) \_\_/\_\_/\_\_  
Runner 4: \_\_\_\_\_ 5K \_\_\_ FunRun \_\_\_ Female \_\_\_ Male \_\_\_ Age \_\_\_ DOB(M/D/Y) \_\_/\_\_/\_\_  
Runner 5: \_\_\_\_\_ 5K \_\_\_ FunRun \_\_\_ Female \_\_\_ Male \_\_\_ Age \_\_\_ DOB(M/D/Y) \_\_/\_\_/\_\_  
Runner 6: \_\_\_\_\_ 5K \_\_\_ FunRun \_\_\_ Female \_\_\_ Male \_\_\_ Age \_\_\_ DOB(M/D/Y) \_\_/\_\_/\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_  
Email \_\_\_\_\_ Adult T-Shirt Size(s) \_\_\_\_\_ Kid's T-Shirt Size(s) \_\_\_\_\_  
Amount Paid: Reg. fee \_\_\_\_\_ Donation \_\_\_ Total \_\_\_\_\_ Check # \_\_\_\_\_ Cheshire High Alumni (name) \_\_\_\_\_

I KNOW THAT PARTICIPATING IN AN OFFROAD RACE IS POTENTIALLY HAZARDOUS ACTIVITY. I WILL NOT ENTER AND PARTICIPATE UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. BY SIGNING BELOW OR BY SIGNING FOR MY CHILD, I ASSUME ALL RISKS FROM PARTICIPATING IN THIS EVENT AND ITS RELATED ACTIVITIES, INCLUDING BUT NOT LIMITED TO, FALLS, CONTACT WITH PARTICIPANTS, EFFECTS OF THE WEATHER, AND CONDITIONS OF THE COURSE, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVER AND RELEASE AND KNOWING THESE FACTS AND IN CONSIDERATION OF YOUR ACCEPTING MY ENTRY FEE AND PARTICIPATION, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF WAVE AND RELEASE THE TOWN OF CHESHIRE, THE STATE OF CONNECTICUT, FRIENDS OF MARK, INC., ALL SPONSORS AND THEIR RESPECTED AFFILIATES, RACE OFFICIALS, VOLUNTEERS, ALL RELATED ACTIVITIES WHICH I OR MY SUCCESSORS, ASSIGNS OR HEIRS MAY EVER HAVE NOW OR IN THE FUTURE AGAINST ANY OF THEM. I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTOGRAPHS, MOTION PICTURES, RECORDINGS, OR ANY OTHER RECORD OF THIS EVENT FOR ANY LAWFUL PURPOSE. I KNOW THAT DOGS, BICYCLES, BABY JOGGERS, AND MOTORIZED VECHICLES ARE NOT ALLOWED ON THE COURSE.

Signature of Runner 1 (Parent signature if under 18)	Date
Signature of Runner 2 (Parent signature if under 18)	Date
Signature of Runner 3 (Parent signature if under 18)	Date
Signature of Runner 4 (Parent signature if under 18)	Date
Signature of Runner 5 (Parent signature if under 18)	Date
Signature of Runner 6 (Parent signature if under 18)	Date