

# MERRY HEART 5K RUN

Sponsored by the Merry Heart Health Care Center

MONDAY, JUNE 2, 2003 - 7:00 p.m.



500 points



Eisenhower Middle School, Eyland Avenue, Succasunna

**AWARDS:** Top three Men and Women Overall.

Awards to the top five men and women in 20 to 34 division.

Top three in 35 to 39, and all masters five-year age divisions.

Youth divisions: 10 & under, 11/12 13/14, 15/16, and 17 to 19.

Special Awards to the first Roxbury Township Residents.

**Corporate & Club & Family TEAM COMPETITION:** Men, Women and Coed divisions. Unlimited members on team. Top three score. Teams must pre-register but add-ons allowed on race day. Family is parents and dependent children.

Scoring by CompuScore. New! Online personal race summary.

Save money by Pre-entering.

Post entry fee will be \$25.00 for all.

**Three choices of ENTRY PROCEDURES:**

- Mail to P O Box 458, Ironia, 07845. Include a self addressed stamped envelope to receive bib number back in the mail
- Register at Runner's Haven at College Plaza Mall on Route 10 East, Randolph through Saturday, May 31<sup>st</sup>.
- Register on-line at [www.compuscore.com](http://www.compuscore.com) up to Midnight, June 1<sup>st</sup>.

**PRE-ENTRY FEES:**

Non USATF-NJ member	\$ 17.00
USATF-NJ member	\$ 15.00
Roxbury residents	\$ 15.00
Family- Parents & Dependent Children	\$ 35.00

**COURSE:** USATF certified. Mostly flat - Fast!

**Proceeds will go to: Merry Heart Nursing Scholarship, Roxbury Children's Day Care Center, Roxbury Rescue Squad, Roxbury Kiwanis Scholarship and Roxbury High School Project Graduation**

Make check payable to Merry Heart 5K Run and mail with an SASE to P O Box 458, Ironia, NJ 07845

Or see above for other registration choices      Date of Birth \_\_\_\_\_ 2003 USATF-NJ# \_\_\_\_\_

Name \_\_\_\_\_ Age/race day \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Street Address \_\_\_\_\_ Phone \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Team Name \_\_\_\_\_ Category: Men \_\_\_ Women \_\_\_ Coed \_\_\_

Team Captain \_\_\_\_\_ Captain's Phone \_\_\_\_\_

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against Race officials, the town of Roxbury, Roxbury Board of Education, Merry Heart Health Care, their staff, USATF-NJ, and any representatives for any and all injuries by me in this event.

**Don't wait to Post Enter! Fee is \$25.00!**

**RACE HOTLINE:** 973-584-6709 or [madeline.bost@att.net](mailto:madeline.bost@att.net)

**Great post race BBQ courtesy of Outback Steakhouse, Cliff's Homemade Ice Cream, and Ronetco ShopRite**

**DIRECTIONS:**

*From the East* - Take Rt. 10 West to (jughandle) left onto Eyland Avenue. School is 1/4 mile on the right. Overflow parking is just past the school at Horseshoe Lake on the left.

*From the West* - Take Rt. 10 East to right turn onto Eyland Avenue. Then as above.

*From the East on Rt. 80* - Take the Howard Blvd Exit to left onto Howard Blvd. At light on Rt. 46, go left. At first light go right onto Hillside. Left onto Rt. 10 Eastbound. Then as above.

*From the West on Rt. 80* - Take the Ledgewood Exit toward Rt. 10 East. Go right onto Eyland Avenue. Then as above.

**Don't wait to post enter - Fee is \$25.00!!!**

Bib number pick-up begins at 5:30 p.m.

**Random Prize Drawing. Must be present to win. Great Gifts from Sportcraft and Runner's Haven. Gift Certificates, from area merchants. More, More, More!**

Signature or Parent's Signature if under 18

Date