

**Summer Camp Fund Raiser**  
 The proceeds from the run will be used for YMCA  
 & PRCA Camp Scholarships.

**DIRECTIONS**

From the Garden State Parkway: Exit 148, head west on Bloomfield Avenue. Go 16 traffic lights to Park Street, approximately 2 miles. Turn right on Park - the YMCA is on the right.

From Route 3 East and West: Exit Grove Street (Clifton/Montclair). Follow signs to Montclair, go 9 lights and turn right onto Bloomfield Avenue (Pathmark on corner). Continue to Park Street and turn right - the YMCA is on the right.

From Route 280 East and West: Exit Prospect Avenue/Cedar Grove toward Montclair. Go straight to the intersection of Bloomfield Avenue - approximately 2 miles (Exxon will be on your left), and turn right. Continue half mile to Park Street. Turn left onto Park Street - the YMCA is on the right.

PARK STREET MAY BE CLOSED DUE TO RUN - PARK IN MUNICIPAL LOTS

SPONSORED BY:



**FLEET FEET**



MONTCLAIR  
 Physical Therapy  
*A Certified McKenzie Clinic*

CONTRIBUTORS:



GROVE PHARMACY	ANDERSON FLOWERS, INC.	MURPH'S SPORTS
CEDAR GROVE Family CHIROPRACTIC	SAMPERS FINANCIAL INC.	
WILLIAM JOHNSON	PIERSON FAMILY FOUNDATION	ADAM ELECTRIC Co., INC.
BAGELS ABROAD	DUNKIN DONUTS	TCBY YOGURT
KINGS		ZANTZ HARDWARE
	SHARRON MILLER'S	

The Montclair Run • Montclair YMCA  
 25 Park Street • Montclair, NJ 07042  
 Montclair Parks, Recreation & Cultural Affairs  
 205 Claremont Avenue • Montclair, NJ 07042

**10K AND 2-MILE  
 RUN/WALK  
 FITNESS CHALLENGE**

**SUNDAY, JUNE 1, 2003**



MONTCLAIR YMCA/PRCA  
 21ST ANNUAL

**Montclair  
 Run**

Non-Profit Org  
 U.S. POSTAGE  
**PAID**  
 Montclair, NJ  
 Permit No. 73

# Montclair Run Sunday June 1, 2003

Montclair YMCA  
25 Park Street, Montclair, N.J. 07042  
973-744-3400

## Course

The T.A.C. certified race starts and ends at the Montclair YMCA on Park St. The 10K (6.2 mi.) is a flat course that runs through scenic Edgemont and Anderson Parks. Splits are at 1, 3, & 5 mile. There are 3 water stops. Compuscore will provide results on their website [www.compucore.com](http://www.compucore.com).

## Entry Fees

	Adult	Youth (under 16)
<b>2 Mile</b> 8:30 AM		
Until May 24	\$10	\$ 8
After May 24	\$12	\$10
<b>10k Run</b> 9:30 AM		
Until May 24	\$15	\$ 8
After May 24	\$18	\$10
<b>Fitness Challenge</b> 9:35 AM	\$14	\$11

Includes 2 mile entry fee. Begins in municipal lot after start of 10k.

Register online at



or at Montclair YMCA until May 29th or Fleet Feet thru Sat. May 31. Early packet pickup at Fleet Feet. Fri. May 30 - Sat. May 31.

**First 500 entrants will receive T-shirts.**

## Awards

**10K-Trophy** and prizes to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place overall male and female winners. Medals and prizes to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers in each age group, (male/female, 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over). Trophy to oldest male & female finishers.

**2-Mile - Fun Run** Medals to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place overall finishers.

**Fitness Challenge** - Medals to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> best overall scores, male/female. Certificates for all children 14 & under.

Prizes awarded by Fleet Feet Sports

## Fitness Challenge

(Must participate in each event)

2 Mile Run	Push Ups
Pull-Ups	Medicine Ball Toss
Shuttle Run	Obstacle Course

**Note: Must participate in the 2 Mile Run**

For more detailed information on the Fitness Challenge, call or e-mail Paul Mickiewicz at 973-744-3400 x 111 or [montclairymcapaul@yahoo.com](mailto:montclairymcapaul@yahoo.com)

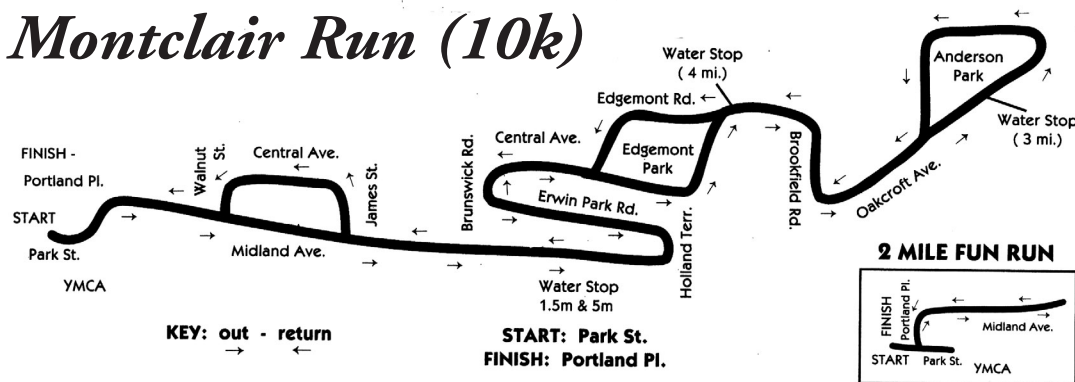
## Schedule of Events

7:30-9:00 AM	Registration
8:30 AM	2 Mile Fun Run/Walk
9:15 AM	Stretching
9:30 AM	10K Race
9:35 AM	Fitness Challenge
11:00 AM	Award Ceremony

**9:00-11:00 AM Family Fun Day Activities**

D.J., refreshments, sports massage, moon walk, and games provided by Audience Pleasers.

# The Montclair Run (10k)



The Montclair Run/Montclair YMCA • Montclair Parks, Recreation & Cultural Affairs  
25 Park Street • Montclair, NJ 07042 (973) 744-3400  
205 Claremont Avenue • Montclair, NJ 07042 (973) 509-4915 - 4916

## Information

Early Packet Pick-Up : Fleet Feet, 603 Bloomfield Ave., Montclair (corner of Midland Ave.)  
Fri., May 30, 12 noon - 8 p.m., Sat., May 31, 10 a.m. - 7 p.m.

Make check payable to "Montclair YMCA"  
Mail entry form and fee to: Montclair YMCA, 25 Park Street, Montclair, NJ 07042  
Attn. Race Director, Montclair Run,

Note: Individual application forms are required for each race.

## Montclair Run • Official Entry Form • June 1, 2003

Last Name	First Name	Sex	Age on Race Day	Birth date
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Mailing Address	Street (include Apt. # and/or c/o)	Race Entered:		
<input type="text"/>	<input type="text"/>	Fitness Challenge + 2 Mile <input type="checkbox"/>	2 Mile Only <input type="checkbox"/>	10K <input type="checkbox"/>
City	State	Zip Code	Wheelchair <input type="checkbox"/>	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Name of School	T-Shirt Size: S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>			
Enclosed Entry Fee :	Adults	Youth (14 & Under)	Fitness Challenge/2 Mile	
Pre-Registration	10K \$15.00, 2m \$10.00	10K \$8.00, 2m \$8.00	Adult \$14.00	
Post-Registration (After May 24)	10K \$18.00, 2m \$12.00	10K \$10.00, 2m \$10.00	Youth \$11.00	

FIRST: For and in consideration of being accepted in the Montclair Run and fitness challenge on Sunday, June 1, 2003, which is described in the attached application, I for myself, my heirs, executors, administrators and assigns do hereby expressly release and discharge the Township of Montclair, Township of Montclair Parks, Recreation, and Cultural Affairs Department, the YMCA of Montclair, all sponsors and volunteers (hereinafter Releasees) from all claims, demands, liability actions, or judgements of any kind whether caused by negligence of said Releasees or any of them or otherwise which I now have or in the future have against said Releasees or any of them arising out of my participation in the athletic competition which is the subject of this application. SECOND: I represent to the sponsors of this competition that I have been examined by a licensed physician who has approved my participation in this event. I further authorize the use of my name and photo in conjunction with publicity about the race.

Applicant's Signature \_\_\_\_\_ Parental Consent & Signature (required for all participants under 18) \_\_\_\_\_ Date \_\_\_\_\_ For Office Use Only Race Number