

Marathon Madness

4 MILER



Trail run on the beautiful trails of Allaire State Park
Come run the trail and watch the NYC Marathon on TV afterward!!

November 2 (NYC Marathon Sunday)

Course is relatively flat with a difficulty rating of 2.6 on the "Hillometer Chart"
(10 being toughest, 1 being easiest.)

This is a "Staggered Start" run with All runners started at different times based on the Handicap Time assigned by trail running registration committee with goal being for most runners to finish within 1 minute of each other. Finish Time will be at approximately 10:00.

Location: Allaire State Park

Time: 9:15 Start (with get together at Spring Meadow Golf Course after run to watch the NYC Marathon)

Registration: 8:15 to 8:45 (must be registered by 8:45)

Refreshments will be provided.

Marathon Coverage begins at 10:38 (Spring Meadow Golf Course is 3/4 mile from race headquarters, drink and brunch specials will be available)

Awards to top finishers

DIRECTIONS:

From the North:

Route 18 South to 34 South, stay on 34 South "after" intersection with Route 33 branches off right Turn off is 1/4 mile past Route 195 and 138 (2-1/2 miles after airport) (1 mile after Wall Twp Speedway) (sign for "Allaire State Park") (this road is 30 west) Go 1-1/4 miles make right at "T" (route 524) and go 3/4 mile to Left in main entrance for Allaire

State Park and Pine Creek Railroad go 1/4 to back of park next the Pine Creek rail road section (stay to right of parking lot) (Registration under large Gazebo in picnic grove).

From the West: Take 195 to 34 South follow above directions.

From the South: 34 north to 524 "West" Go approx. 1-1/2 miles to entrance on left.

From the East: Take 524 west to Entrance of Allaire state park and Pine Creek Railroad (Can also take 138 from the east and then 34 south to above directions from the North, See NJ map or Monmouth County map.)

This is a **SUPER FUN, UNIQUE, SOCIAL** event. Come on out and experience it for yourself.

Contact 732-993-0887 or 732-698-9718 for more information.

REGISTER ON-LINE AT www.active.com

Official Entry Form

Mail completed form to: Marathon Madness 4 Mile, 34A Bartle Court, Highland Park, NJ 08904

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Sex: (circle one): M F Age on Race Day: _____ Date of Birth: _____

RUNNING TIMES REQUIRED

Recent 5K Best: _____ (last 3 years) Recent 10K Best: _____

Recent 5M Best: _____ Goal Time (4M) _____

Check whichever applies:

\$12 Pre-registration (Postmarked by 10/27/03)

\$15 Post-registration

Make Checks Payable to: Marathon Madness 4 Mile

Waiver/Release:

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able a race official relative to my ability to safely complete the race. I assume all risks associated with running in these trail ev runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the course, all such r this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behi zing committees, representatives and successors from all claims or liabilities of any kind arising out of my participation negligence or carelessness on the part of the persons named in this waiver.



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Signed: _____
(by guardian if under 18)

Date: _____