

The 2nd Annual SLEEPY HOLLOW 5K RUN

Saturday - November 1, 2003 Plainfield, NJ

Leland Avenue Park (next to Cook School, 739 Leland Ave.)

10a.m. Race Begins—9a.m. Registration & Check-in

**Rain or
Shine**

THE COURSE

USATF Certified - NJ Grand Prix Event - 500 Points
Start and finish at Leland Park
Scoring by: Compuscore - www.compuscore.com
Low to moderate hills in scenic historic district
Mile splits - Water Stops

REGISTRATION

\$15 USATF Member Pre-Registered by October 25
\$18 Pre-Registered by October 25
\$20 Registered after October 25 (and day of race)

INFORMATION

Race Hotline: 908-754-5675
E-mail: sleepyhollowrun@yahoo.com
Course Map & Directions:
<http://www.members.aol.com/foshnj>

**Sponsored by:
The Friends of Sleepy Hollow**



Awards

Top Three Overall Male & Female
Top Three Male & Female in each age group
First Place Male & Female
Plainfield Resident
[Age groups: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over]

Amenities

Long Sleeve Race T-Shirt to first 100 pre-registrants
Additional T- Shirts available while supplies last
Goodie-Bags available onsite while supplies last
Refreshments & Music



500 POINTS

11/1/2003 Sleepy Hollow 5k ENTRY FORM (please print)

\$15 USATF Member
Preregistered by October 25;
\$18 Preregistered by October 25;
\$20 Registered after October 25
(and day of race)

Make checks payable to:

FOSH/Sleepy Hollow Run
Mail with completed entry form to:
F.O.S.H. P.O. Box 2711
Plainfield, NJ 07062

2003 USATF-NJ#: _____

Name _____

Address _____

Phone _____

E-mail _____

T-shirt Size: M L XL

Sex _____ Age on race day _____

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators and assigns, do expressly release and discharge City of Plainfield, Compuscore, USATF New Jersey, and any and all sponsors, organizers, directors and volunteers, their representatives, successors, assigns, employees and members from any and all claims, demands and actions or judgments of any kind arising out of participation in this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes or any other record of the event for any legitimate purpose. I state that I am physically able to participate in the Sleepy Hollow 5K.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____