

10th Annual USATF-NJ 10 Mile Championship

Sunday, December 14th, 2003

South Mountain Reservation (Crest Drive), South Orange, NJ

THIS RACE IS LIMITED TO MEMBERS OF USA TRACK & FIELD

Fees: \$12.00 Pre-Entry (Postmarked by Monday, December 8th.)
\$15.00 Day of Race (Post Registration 9:30am to 10:45am)

T-shirts provided by :

Race Starts: 11:00am.

Course: 3 loop course on top of mountain, slight grades, water stops provided

Race Hotline: 732-296-0006 or www.usatfnj.org

Awards: USATF-NJ Championship Medals in the following Categories:

Individual: (Overall & Age Group Champions receive USATF awards)

Open (14 - 39yrs) - top 10...Masters: (40+ in 5yr age groups) - top 3 in each

Team: Open & Age Group Team Champions receive USATF awards

Directions: From Morristown, take Columbia Turnpike (Route 510) East, which becomes South Orange Ave. Entrance to park is on the right just past crest of mountain.

From Route 280, take exit for Route 527/Livingston Avenue until Livingston Avenue runs into South Orange Avenue. Entrance to park is on the right just past crest of mountain.

From the West: Take Route 78 to Exit 49A/Union/Springfield. At first traffic light, make right onto Main Street into Millburn. After passing under the railroad tracks, make a right at the first traffic light, onto Brookside Avenue. Make right onto South Orange Avenue. Entrance to park is on the right just past crest of mountain.

From the Parkway: Take exit 144, follow signs for South Orange Ave. West/Seton Hall University. Entrance to park is on the left, just before the crest of the mountain.



800, 700 or 500 points
NBGP Wild Card Race

2004 USATF Memberships Can Be Purchased on Race Day

Check or Money Order MUST Accompany Entry
Payable & Mail Entries To: USATF-NJ 10 Mile, P.O. Box 10120, New Brunswick, NJ 08906-0120

Last Name: _____ First Name: _____ Sex: _____

Address (w/Apt No.): _____

Town/City: _____ State: _____ Zip: _____ Telephone: _____

USATF # (Required): _____ Date of Birth: ____/____/____ Age on Race day: _____

***USATF-NJ Member: You MUST Circle Desired NBGP Point Level: 800 points 700 points 500 points

In consideration of accepting this entry I hereby waive and release all rights and claims for damages I may have against, USA Track & Field Inc., the New Jersey Association of USA Track & Field, Inc., New Balance North Jersey, Essex County Parks & Recreation, their staff, administration, volunteers, officials and any representatives, for all injuries by me in said event. Furthermore, I state that I have trained for and I am physically capable of successfully completing this race.

Signature of Athlete

If under 18 - Signature of Parent (not coach)

Date

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