



CRESSKILL'S 11TH ANNUAL CAMP MERRITT MEMORIAL 5K RUN SUNDAY – OCT. 5, 2003 – 9:30AM

SANCTIONED BY USA TRACK & FIELD

T-shirts to first 150 REGISTERED runners.

Organized by: Cresskill Education Foundation Cresskill-Demarest Rotary Club
Cresskill American Legion, Camp Merritt Post 21

Time and Place: Starting time 9:30AM at Cresskill High School Track
(behind the High School at One Lincoln Drive, Cresskill, N.J.).

Race Course: Relatively flat and fast thru scenic side streets. **CERTIFIED BY USATF**
Split times each mile. Digital clock at Finish. Electronic time and place
printout of race results. Results posted on Internet at www.compuscore.com

Race Fees: (by Oct. 2nd) (race day)
Pre Registration: \$12.00 Post Registration: \$15.00

Registration: Pre Registration should be postmarked no later than Oct. 2nd.
Please make checks payable to: "Cresskill 5K Run" and mail
with completed registration form to: C.E.F., P.O. Box 445,
Cresskill, N.J. 07626. You can register on the day of the race
up until 9:15AM at the Cresskill High School.



400 points

Awards: First overall 5K winners -- male and female.
Top 3 finishers in each 5K category -- M & F

Categories: 15 and under
16-19 yrs old 30-39 yrs old 50-59 yrs old
20-29 yrs old 40-49 yrs old 60-69 yrs old
70 and over (1st Place only - M & F)

Special Award to first Cresskill finishers (M & F)

Course Records: Frank Lamberti Mahwah NJ 1997 15:49.7
Lynne Collazo Ridgewood NJ 1997 18:23.8

2002 Winners: Edward Kuri Hasbrouck Heights NJ 17:22
Uli Bromme Tenafly NJ 18:30



DIRECTIONS

GS Prkwy Garden State Parkway North to Exit 161 (Route 4). Take Route 4 East to Grand Ave. Follow Rte 4 directions.

Route 4 Grand Ave. Exit, Englewood. Go north on Grand (becomes Engle St.) to the end. Turn left on Hudson. At first light make right on County Rd. At first light turn left on Union Ave. Proceed 3/10ths of a mile. Pass first light, cross railroad tracks and bear right onto Cresskill Avenue. Take first right onto Lincoln Drive to H.S. Parking Lot.

Palisades Parkway Exit 2. Make a left onto 9W South. At second light make a right onto Hillside Ave. Go 1 4/5 miles to intersection of County Rd. (light). Proceed straight (Union Avenue) for 3/10ths of a mile. Follow Rte 4 directions (above).

Madison East on Madison Avenue to the Cresskill traffic circle (MONUMENT). Go around circle and take Knickerbocker Road north to first light. Turn right on Grant and proceed 3/4 mile to Cottage Place. Turn left on Cottage Place then left on Cresskill Ave. and right on Lincoln Drive to H.S. parking lot.

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FEE ENCLOSED (check payable to Cresskill 5K Run)
Mail to: C.E.F., P.O. Box 445, Cresskill, N.J. 07626

Pre Registration (by Oct. 2nd)	Post Registration (race day)	RUNNER'S NUMBER
_____ \$12.00	_____ \$15.00	_____
MALE _____	FEMALE _____	2003 USATF-NJ # _____
DATE OF BIRTH _____		
Last Name _____	First Name _____	
Street Address _____	City _____	Age on day of race _____
State _____	Zip Code _____	Telephone No. _____

RELEASE FORM: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive and release any claim against the Cresskill Board of Education, the C.E.F., the American Legion, the Rotary, the Borough of Cresskill, its officers and directors, the organizing committee, the sponsoring organizations, the county of Bergen, or their representatives, successors, or assignees for any injury that may be suffered by me at this event. I certify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor.

YOUR SIGNATURE (Parent's Signature if under 18 yrs. old) _____ **DATE** _____