





## START/FINISH

The race starts at the corner of Blackwell and Prospect Streets in Dover (Morris County), NJ in front of the Casa Di Puerto Rico Club. Parking is available in a public lot up on the left on Prospect Avenue. DO NOT park in the Casa Di Puerto Rico Lot or your car will be ticketed! SEE DIRECTIONS →

## COURSE

Out and back-flat and fast-one hill before mile one. The course goes through downtown Dover and Salem Village. SEE MAP →

## ENTRY FEE(S)

\$15.00 pre-entry by October 18<sup>th</sup>, 2003. Guarantee long-sleeve shirt.  
 \$13.00 pre-entry by October 18<sup>th</sup>, 2003 USAIF Guarantee long-sleeve shirt.  
 \$18.00 post-entry after October 18<sup>th</sup>, 2003 & race day- SHIRTS WHILE THEY LAST.

Pre-registration packet pick-up available from October 21st thru October 24th  
 And in person pre-registration available thru October 24th at

**Runner's Haven**

Located At:

477 Route 10 East  
 Randolph, NJ 07869

(In the College Plaza Mall)

**Morris County's  
 Specialty Running Store**

**(973) 361-9100**

All packets must be picked up by 8:45 a.m. of race day. Your entry fee entitles you to registration, refreshments, race packet and eligibility for prizes at the post race raffle.

## AWARD CATEGORIES

Overall Best Time: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place-Male & Female

Dover Residents Best time: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place-Male & Female  
 (supercedes Age Group Awards)

Age Group Best Time: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place based on past year's participation

Male: 14 & under, 15-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60 and over.  
 Female: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

No duplicate awards-except for teams. Results are posted after the race.

## TEAM COMPETITION (max 5 per team-3 score)

Open Team Male and Female: 1<sup>st</sup> and 2<sup>nd</sup> place

Masters Team Male: 1<sup>st</sup> and 2<sup>nd</sup> place

Masters Team Female: 1<sup>st</sup> place

AARP Team (50 & over) Male: 1st place

Coed Open: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place (1 Female must score)

TEAMS MUST BE PRE-ENTERED BY 10/19/03.

YOU MAY RUN ON ONLY ONE TEAM.

NO RACE DAY TEAM ENTRIES OR CHANGES!

# DIRECTIONS

From the East or West:

Take Route 80 West/East to exit 35 (take the exit that will take you past the Rockaway Shopping Mall)  
 You are on Mt. Hope Ave. Go South approximately 1-2 miles across route 46 (only a two lane road up here).  
 Look for a gas station on your left before route 46. Go a few blocks and make a right on to Blackwell street.  
 Registration is 1/4 mile down the street. The race starts where the Sunday Flea Market is held.

From the North or South:

Take Route 287 North or South to Route 10 West for approximately 5-6 miles.  
 Once you pass the Lincoln Mercury & Honda Dealer, make your first right on to South Salem Street.  
 You will go past K-Mart and a Shell Station. At the third traffic light down the hill, make a left on to Blackwell Street.  
 Go 3/4 of a mile to the registration area.

**DOVER  
 RENAISSANCE  
 5K RUN  
 COURSE**

