



# MENDHAM 10K RUN FOR PATRIOTS

## A Trail Run on Patriot's Path Sunday, October 5, 2003

*Location:*

Doe Meadow, Lewis Morris Park  
Mendham, New Jersey

*Schedule:*

11:30am- Registration  
12:15pm- First Bus Leaves for Start  
12:45pm- Last Bus Leaves for Start  
1:00pm- 10K Run For Patriots  
2:30pm- Family Fun Run  
2:45pm- Awards Ceremony

*Registration:*

By mail or online at [www.Active.com](http://www.Active.com)

*Course:*

10K-The rugged Patriot's Path from  
Ralston Firehouse to Doe Meadow.  
Mile splits, water stops.  
You'll be bused to the 10K start.  
1 Mile Family Fun Run- around Doe  
Meadow

*Entry Fee:*

10K \$15 by 9-29,  
\$20 after 9-29  
Fun Run \$10 ( age 10 & under)  
\$15 ( age 11 and older)

*Awards:*

10K- 1,2,3 Overall and Age Groups,  
Male & Female  
Fun Run- Finishers Ribbons

*Age Groups:*

19 and under, 20-29, 30-39, 40-49,  
50-59, 60-69, 70 & over.

*Amenities:*

10K- Long Sleeve T-shirt  
Fun Run- Short Sleeve T-shirt  
Refreshments, DJ, Prizes, Fun

*Results:*

[www.compuscore.com](http://www.compuscore.com)

*Info:*

732-381-0318, [mzrace@OYMP.net](mailto:mzrace@OYMP.net),  
[www.OYMP.net](http://www.OYMP.net)

*Directions:*

From Rt. 287 ( North and South ).  
Exit 36. At first light, make make left  
onto Ridgedale Avenue. At next light,  
make right onto Morris Avenue. At third  
light, bear left up the hill and follow one  
way traffic around The Green. Right at  
light onto Washington Street. ( Rt. 24 ).  
Lewis Morris Park is 4 miles ahead on  
left. Follow race signs to Doe Meadow.

### MENDHAM 10K RUN FOR PATRIOTS

#### Official Entry Form

Checks Payable to Sprint, Shoot and Score, Inc  
Mail to OYMP, PO Box: 1766, Cranford, NJ 07016

last name	first name
street	city
state	zip
date of birth	age on race day
sex	phone

<input type="radio"/> 10K <input type="radio"/> 1 Mile Fun Run	<input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL
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In consideration of being accepted in the Mendham 10K Run for Patriots, I for myself, my heirs, executors, administrators, and assigns, do hereby expressly release and discharge the Township of Mendham, the Borough of Mendham, Morris County Parks Commission, On Your Mark Productions, Sprint, Shoot and Score, Inc., the organizers, directors, sponsors, and volunteers, their agents, servants, and employees from any and all claims, demands and actions or judgements of any kind arising out of participation in this event.

signature (parent or guardian if under 18)
date