

**Central Jersey
Road Runners
26th annual**

Union County College, Cranford

Fall Classic

Monday, Sept. 1, 2003

5-MILE RACE, PracticeHard MILE & Kids' Runs

TIME: 8:30 a.m.: Kids Runs for ages 3-10.
9 a.m.: PracticeHard Mile
9:30 a.m.: 5 mile race.

COURSE: Out and back, fast, flat, scenic. Traffic controlled. Water stops, mile splits.

TIMING: ChampionChip Timing by CompuScore.



500 POINTS

REGISTRATION: Check-in & post registration 7:30-8:30 a.m. at UCC.

FEES: Pre-entries (by Aug. 25): \$18 for 5-Mile Race (\$16 for USATF-NJ and CJRRRC members). Post-entries: \$20 for all. \$12 for PracticeHard Mile; includes T-shirt. \$7 for Kids' Runs (register on site day of race only; includes T-shirt).

AMENITIES: Post-race bagels, fruit, juice. Restroom facilities in college. Raffle drawing.

TO BENEFIT: UCC scholarship fund.

5 MILE AWARDS: To overall open & masters female & male winner. \$50 cash award to 1st female and/or male to set new course record, donated by Dr. Bill Bonsall. (Course records: Male: 24:32, Female: 28:24.) Awards to top 3 in: 14 & under, 15-19, 20-24, 25-29, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over. Awards to top 5 in 30-34, 35-39, 40-44, 45-49.

PRACTICE HARD MILE AWARDS: To top 10 female & male finishers. **KIDS' AWARDS:** Medals to all.

DIRECTIONS: From the south: GSP to Exit 138. Left onto Blvd. Left turn at 6th light onto Springfield Ave. (Rt. 615). UCC is 1/4 mile on right.

From the north: GSP to Exit 138. Bear left at exit. Left on Blvd. Follow directions above.

From Rt. 22 East: Right turn at Cranford sign onto Springfield Ave. At 4th light, turn right onto Springfield Ave. UCC is 1/4 mile on right.

From Route 22 West: Follow jug handle to "Cranford" on Springfield Ave. Follow above directions.

INFORMATION: Call 866-841-9139, Ext. 3807; E-mail runcjrrc@onebox.com or see WWW.CJRRRC.ORG or register on line at www.active.com.

Checks payable to: CJRRRC. Mail entry to: CJRRRC, P.O. Box 1863, Cranford, NJ 07016-5863.

2003 Fall Classic OFFICIAL ENTRY FORM

Last name First name Sex Age Birthdate

Address: Street City State Zip E-mail

(Area code) phone number

Circle T-shirt size: Adults: M L XL XXL*remit \$2 additional for XXL shirts; available pre-registration only

Event: 5-Mile Race PracticeHard Mile 2003 USATF# CJRRC#

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against the CJRRC, USATF-NJ, the County of Union, Dept. of Parks & Recreations, their officers and representatives, successors and assignees for injuries that may be suffered by me in this event. I also confirm here that I am physically fit and qualified to participate in this race and am at least 18 years of age (or have had this signed by my guardian if I have not yet reached age 18).

Signature

Parent's signature (if under age 18)



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