

**THE 26TH ANNUAL
JACK McKEOWN MEMORIAL
RAMSEY RUN/FUN WALK**

=====5,000 and 10,000 meter runs/5,000 meter walk=====

Saturday, September 6, 2003

**—UNDER THE AUSPICES OF THE RAMSEY RECREATION COMMISSION—
IN COOPERATION WITH THE BOROUGH OF RAMSEY, RAMSEY POLICE AND FIRE DEPARTMENTS,
THE RAMSEY AMBULANCE CORPS, THE RAMSEY RESCUE SQUAD, AND THE RAMSEY BOY SCOUTS**

STARTING POINT/TIMES:
RAMSEY MUNICIPAL POOL/EAST OAK STREET

10K (6.2 MILES) STARTS AT 8:30 A.M.
5K (3.1 MILES) STARTS AT 9:45 A.M.
5K FUN WALK STARTS AT 9:45 A.M.

REGISTRATION/FEEES: Forms available at Ramsey Municipal Building, 33 North Central Avenue
\$10 pre-race fee (must be received by Thursday, September 4, 2003)
\$15 registration fee day of race
A portion of the registration fee goes to the Jack McKeown scholarship.

AGE GROUPS: M & F, 10 AND UNDER, 11-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-39, 40-49, 50-59, 60-69, 70+

AWARDS: TROPHIES AWARDED TO FIRST THREE FINISHERS (MALE & FEMALE)
(RUNS ONLY) ALL 10 AND UNDER RUNNERS WILL RECEIVE PARTICIPATION AWARDS.

**T-shirts for first 300 runners, Showers and dressing rooms,
Time splits, Post-race results, Awards ceremony following finish of 5K run, Refreshments,
Computerized timing by CompuScore Race and Scoring System**

Questions? Contact John Solarino, Recreation Supervisor, at 201-825-8299.

ENTRY FORM-2003 RUN/WALK

**FILL OUT FORM COMPLETELY. ALL PRE-RACE ENTRIES MUST BE RECEIVED BY THURSDAY,
SEPTEMBER 4, 2003.**

MAIL TO: RAMSEY RECREATION COMMISSION/RAMSEY RUN, 33 NORTH CENTRAL AVENUE,
RAMSEY, NJ 07446

Please Print:

CHECK ONE: 10K RUN 5K RUN 5K FUN WALK

(Please use a separate form for each run/walk.)

LAST NAME _____ **FIRST NAME** _____
AGE (Day of Race) _____ **SEX** _____
FEE ENCLOSED: \$10 _____ \$15 _____
STREET ADDRESS _____ **PHONE** _____
TOWN _____ **STATE** _____ **ZIP CODE** _____
TRACK CLUB/SCHOOL/UNATTACHED _____

READ AND SIGN STATEMENT BELOW:

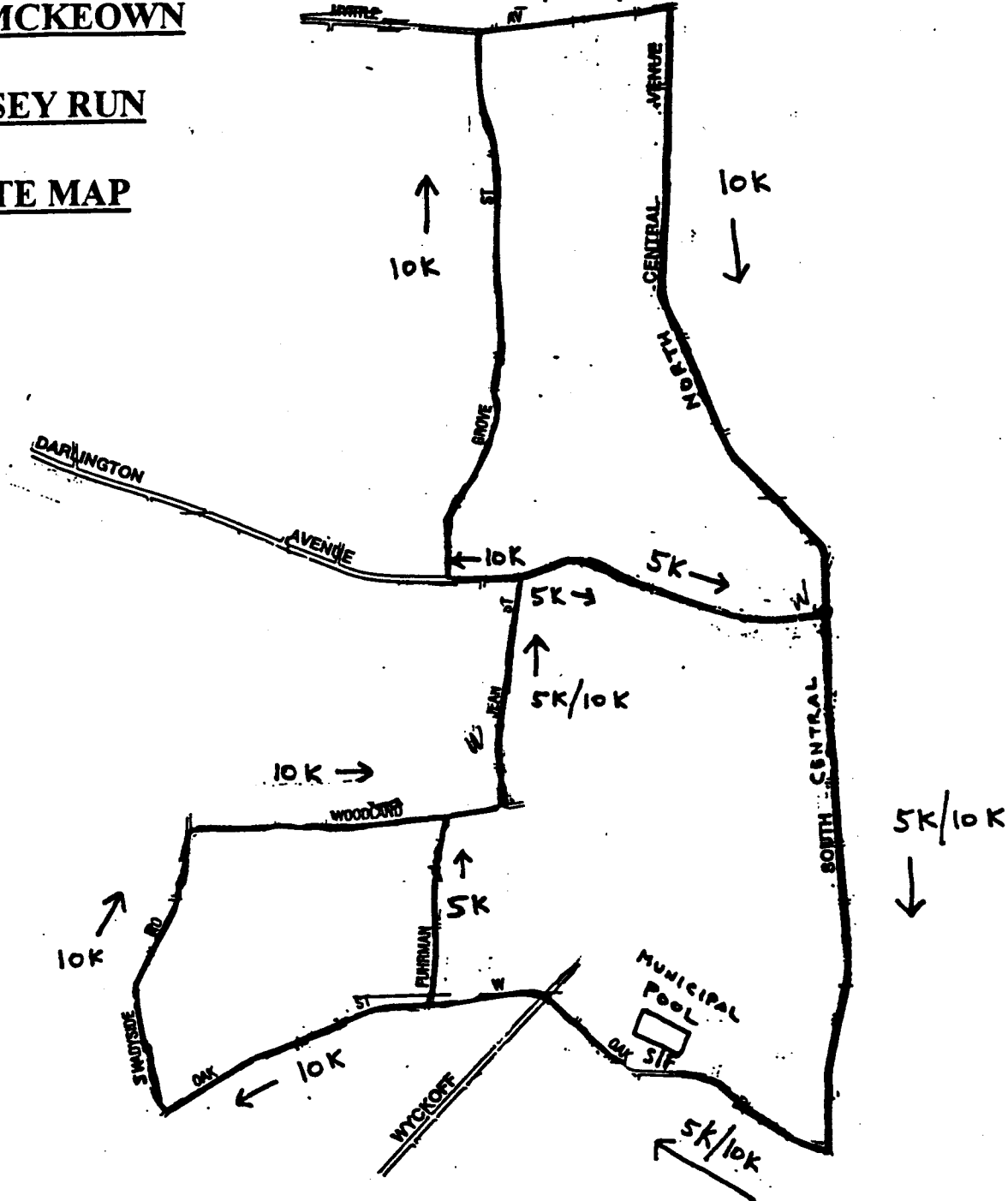
**IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, HEIRS, EXECUTORS, AND ADMINISTRATORS
WAIVE AND RELEASE ANY CLAIMS THAT I MAY HAVE AGAINST THE RAMSEY RECREATION COMMISSION, BOROUGH OF
RAMSEY, RACE SPONSORS, RACE COMMITTEE, OR THEIR REPRESENTATIVES, SUCCESSORS OR ASSIGNEES FOR ANY
INJURY THAT MAY BE SUFFERED BY ME IN THIS EVENT. I CERTIFY THAT I AM IN GOOD PHYSICAL CONDITION FOR THE
2003 RAMSEY RUN/WALK.**

SIGNATURE _____ **DATE** _____

JACK MCKEOWN

RAMSEY RUN

ROUTE MAP



RACE COURSES: Both races start on East Oak Street at Ramsey Municipal Pool and proceed across Wyckoff Avenue onto West Oak Street.

5K turns right on Fuhrman. Right on Woodland. Left on Jean. Right on Darlington. Right (south) on North Central crossing Main to South Central. Right on East Oak Street.

10K turns right on Shadyside. Right on Woodland. Left on Jean. Left on Darlington. Right on Grove. Right on Myrtle. Right (south) on North Central crossing Main to South Central. Right on East Oak Street.