

# 21st Annual

## 2003 VERONA LABOR DAY CLASSIC

5K RUN • 1 MILE FUN RUN • 1 MILE HEALTH WALK

DIRECTED BY VERONA UNICO  
and the ESSEX RUNNING CLUB

**DATE AND TIME** Monday, September 1, 2003.  
Health Walk & Fun Run – 9:00 AM  
5K Run – 9:30 AM

**REGISTRATION** Verona Park Boathouse

**COURSE** 5K loop through the streets of Verona.  
Splits each mile.

**DIRECTIONS** **From Garden State Parkway** take Exit 148, west on Bloomfield Avenue thru Bloomfield and Montclair. About a mile past intersection with Pompton Avenue. Verona Park is on right.

**From 280** take Exit 7, Pleasant Valley Way north to Verona Park.

**From Route 23** (Pompton Ave.) south to Bloomfield Avenue, turn right, straight to Verona Park.

**PARKING** **NO PARKING WITHIN THE PARK ON RACE DAY.** Parking available on Lakeside Avenue and in municipal lot across Bloomfield Avenue.

**INFORMATION** Thomas Malanga 973-239-4111

**REGISTRATION** All pre-registered entrants are guaranteed the official race shirt. All others while supplies last.

*Race day pick-up at Verona Park Boathouse from 8-9 AM.*

### 5K RUN

**PREREGISTRATION** (by Aug. 23, 2003) .....\$13.00

**POSTREGISTRATION** .....\$15.00

### 1 MILE FUN RUN & 1 MILE HEALTH WALK

**PREREGISTRATION**.....\$ 8.00

**POSTREGISTRATION** .....\$ 8.00

*Make all checks payable to: VERONA UNICO.*

Mail entries to:

Essex Running Club, P.O. Box 183, Verona, NJ 07044

### AWARDS - 5K RUN

To be presented to the 1st overall male and female Verona residents, the first overall male and female winners and the top three finishers in these age groups:

MALE		FEMALE	
Under 19	20-29	Under 19	20-29
30-39	40-49	30-39	40-49
50-59	60-69	50-59	60-69
70+		70+	

### AWARDS - 1 MILE FUN RUN

To be presented to the top 3 male and female finishers and male and female UNDER 15.

**RIBBONS TO ALL FINISHERS OF THIS EVENT.**

**REFRESHMENTS** ..... Available at finish area

**AWARDS CEREMONY** immediately following the race. The *Rick Derella Memorial Award* will be presented during this ceremony.

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any rights and claims for damages I may have against UNICO National, The Verona UNICO, the Essex Running Club, and their sponsors, their staff, officials, volunteers and any representative for all or any of the aforementioned, for any and all injuries suffered by me or personal property damage incurred in connection with said event. I certify that I am physically fit and have sufficiently trained for the completion of the race. I also give permission for the use of my name and or picture in any newspaper, broadcast, telecast or any other account of this event.

- HEALTH WALK
- 5K RUN
- FUN RUN
- Cannot attend, but here is my donation. \$ \_\_\_\_\_

LAST NAME

FIRST NAME

ADDRESS

CITY

ZIP

AREA CODE/PHONE NUMBER

M  F

AGE ON RACE DAY

(MEN'S SHIRT SIZE)  
 M  L  XL

I WOULD LIKE TO BE A RACE VOLUNTEER

Signature Required \_\_\_\_\_

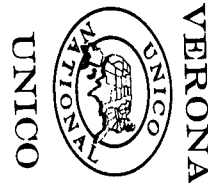
Signature of Parent/Guardian if under 18 years of age \_\_\_\_\_

Relationship \_\_\_\_\_

- I'm interested in learning more about Verona UNICO. Please send me information.
- I'm interested in joining the Essex Running Club. Please send me information.

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*21st Annual*  
2003

**VERONA LABOR DAY CLASSIC**

**MONDAY, SEPTEMBER 1, 2003**

1 MILE FUN RUN  
1 MILE HEALTH WALK  
5K RUN

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& THE ESSEX RUNNING CLUB

