



## SCHEDULE

Sunday, September 5, 2004

- 7:00 am All Registrations open
- 9:00 am 5K & 10K Race starts
- 10:30 am One Mile Fun Run/Healthwalk
- 10:45 am Lollipop Races start

Race course is USATF certified

## Race starts and finishes at Woodbridge Town Hall

- Water will be available at the start/finish and along the route
- Race will take place rain or shine
- T-Shirts will be guaranteed to all 10K, 5K, Fun Run pre-registered runners (postmarked by 8/27/04) and late entries while supplies last.
- Refreshments will be available to all runners.
- Results will be mailed by Compu Score.
- For information, please contact: Runners High, 454 Main St., Metuchen, NJ (732) 549-9440  
Email: info@runnershigh.com

## AWARDS

**10 K - OVERALL MALE & FEMALE**

- 1st: \$75
- 2nd: \$50
- 3rd: \$25

**JOE WARD MEMORIAL TROPHY**  
AWARDED TO 1ST MALE/FEMALE  
WOODBIDGE TOWNSHIP RESIDENT

Cash awards to USATF NJ members only in 5K & 10K

AGE CATEGORY AWARDS TO THE FIRST THREE

MALE AND FEMALE WINNERS.

| Age Group  | Male Winner | Female Winner |
|------------|-------------|---------------|
| 12 & under | 35 - 39     | 55 - 59       |
| 13 - 19    | 40 - 44     | 45 - 49       |
| 20 - 29    | 45 - 49     | 60 - 69       |
| 30 - 34    | 50 - 54     | 70 & over     |

No duplicate awards

## MAYOR'S FUN RUN AWARDS

Awards to the first male & female  
and a memento to all finishers

## - SPONSORS -

### THE CLUB AT WOODBRIDGE

585 Main St., Woodbridge, NJ 07095  
(732) 634-5000

### RARITAN BAY MEDICAL CENTER

Perth Amboy Division: (732) 442-3700  
Old Bridge Division: (732) 360-1000

### BERKELEY COLLEGE

Woodbridge, NJ 07095  
(732) 750-1800

### WILENTZ, GOLDMAN & SPITZER

80 Woodbridge Ctr. Drive, Woodbridge, NJ 07095  
(732) 636-8000

## TO REGISTER:

Mail this form and a check payable to "Mayor's Council on Physical Fitness & Sports" (M.C.P.F. & S.)  
To: Race Director, Runners High, 454 Main St., Metuchen NJ 08840

FEES: 10K & 5K \$15.00\* pre-registered (postmark by 8/27/04 \*\$2.00 off for USATF-NJ members (must provide number on entry). \$20.00 on day of race for all runners.

Fun Run/Healthwalk Race Fee is \$10.00 with T-shirt, (\$2.00 without).

Lollipop Race Fee is \$2.00



## ENTRY FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone # ( ) \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age on 9/5/04 \_\_\_\_\_  
USATF-NJ# \_\_\_\_\_  
Male \_\_\_\_\_ Female \_\_\_\_\_  
Race Entered: 10K \_\_\_\_\_ 5K \_\_\_\_\_ Fun Run \_\_\_\_\_  
Lollipop \_\_\_\_\_

In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators and assignees, hereby release myself and discharge The Woodbridge Council on Physical Fitness & Sports, The Club at Woodbridge, the Crossroads of New Jersey Race Committee, the race sponsors, the Township of Woodbridge and its employees, officials and volunteers, USA Track & Field and all other sponsors or beneficiaries and their representatives, successors and assignees for all claims for damages and causes of action arising from or out of my participation in the "Woodbridge-Crossroads of New Jersey" Races. I attest that I am physically fit and that my condition has been verified by a physician. I am aware that the medical support for this event will be volunteer medical personnel who will be prepared to administer First Aid assistance only. I hereby grant permission to The Woodbridge Council on Physical Fitness & Sports and any other sponsors of this event to use all information submitted in this application and any record of this race containing my likeness, as well as race results including my name and competition time, for any purpose whatsoever, including but not limited to pre-race publicity. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature \_\_\_\_\_

(Parent's signature if under age 18)

AMOUNT ENCLOSED \$ \_\_\_\_\_

THIS ENTRY FORM MAY BE DUPLICATED.