

COMMERCE BANK PRESENTS THE CRANFORD JAYCEES FIRECRACKER FOUR MILER

Fun Run – 9:00

Sunday, July 4, 2004

Four Miler – 9:30

The 25th Annual Firecracker Four Mile Run. Come out and join one of North Jersey's finest events.

Scoring by Compuscore, featuring Championship timing. All four mile finishers will receive a postcard with overall and complete category results.

RACE INFORMATION

Start/Finish at Nomahegan Park. Garden State Parkway Exit 137. Turn right onto Rt. 28. Go 3/4 mile, turn right onto Springfield Ave. Go 1 mile. Park at Union County College on left. Walk across to park. Restroom facilities available. USATF Certified Flat and scenic course. Tree lined street and bike trail. Mile Splits. Water Stops.

Post Registration and T-Shirt pick-up begin at 7:45 a.m.
Refreshments and Awards following Race.

Pre and Post Race Music.

Pre-Registration Fee:

Four Mile - \$15.00 (postmarked by June 30, 2004) includes T-Shirt;

Fun Run - \$7.00 includes T-Shirt.

Post Registration Fee:

Four Mile - \$20.00 includes T-Shirt while supply lasts; **Fun Run** - \$10.00

with T-Shirt while supply lasts.

PRIZE CATEGORIES

Age Groups (Male and Female):

13 & under, 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70 & over.

Clydesdale Divisions:

Bantam: M(190-199) F(150-159)
Light Heavy: M(200-214) F(160-169)
Super Heavy: M(215+) F(170+)

Partners (only one):

Husband-Wife, Parent-Daughter, Parent-Son, Couple (M-F).

All Partners and Clydesdale entries must be pre-registered.

AGE GRADED RESULTS

Runners may enter age group, one partners category, and clydesdale divisions. Age grading applies to all Four Mile entries.

E-Mail: vitas@comcast.net

REGISTER ONLINE



FOUR MILER AWARDS

Dr. Frank W. Krause Trophy to first male and female finishers.

Dr. Arthur J. Bilenker Runners-up Awards: to second male and female finishers, and to the third male and female finishers.

Dr. John Williams Trophy: to first male and female Cranford resident.

Merchandise prizes to the first three finishers in each group; first place team in each partners category; first place finisher in each of the Heavyweight divisions; and to the first age graded male and female finisher.

FUN RUN AWARDS

Ribbons to all finishers 12 & under. Raffles will be held and prizes awarded during post race festivities.

CHECKS

Make all checks payable to the **CRANFORD JAYCEES;**

Mail to:
Race Director, Firecracker Four Miler,
419 Manor Ave.,
Cranford, NJ 07016.

ENTRY FORM

(Please check one) Four Miler Fun Run

Last Name

First Name

MI

Mailing Address – Street (Include Apt. Number)

Area Code

Telephone Number

City

State

Zip Code

E-Mail Address

Sex

Age

T-Shirt Size (Adult Sizes)

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CompuScore

www.compucore.com

Partners Prize Categories: Pick only one: **Individual Prize Categories:** Pick one

(Both entries must be received together)

Husband-Wife

Parent-Son

Couple (M-F)

Parent-Daughter

Male Clydesdale

Bantam Wt.

190-199 lbs

Female Clydesdale

150-159 lbs

Light-Heavy Wt.

200-214 lbs

160-169 lbs

Super Heavy Wt.

215+ lbs

170+ lbs

Downloaded from CompuScore www.compucore.com

In consideration of the acceptance of this entry, I hereby waive all claims for damages or injury I may have against the Cranford Jaycees, the Town of Cranford, Sponsors, and any other persons connected with the race. I also certify that I am in physical condition to complete this race.

Signature _____

(Parent if under 18) _____

Date _____

Mail to: Race Director, Firecracker Four Mile, 419 Manor Ave., Cranford, NJ 07016

\$15.00 Pre

\$20.00 Post