

Official Entry Form - USATF #

\_\_\_\_\_  
Last name First name Sex Age Birthdate

\_\_\_\_\_  
Address: Street City State Zip

\_\_\_\_\_  
(Area code) phone number S M L XL Fun Run 5K  
(circle T-shirt size) Circle if applicable

*Make checks payable to Rahway Recreation and mail to 1 City Hall Plaza, Rahway, NJ 07065*

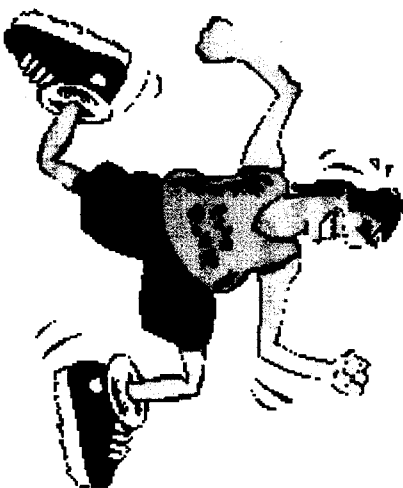


Division of Parks & Recreation  
1 City Hall Plaza  
Rahway, New Jersey 07065

CITY OF RAHWAY  
James J. Kennedy, Mayor

Division of  
Parks & Recreation

Presents



**The Mayor's Trophy 5K**

One Mile Fun Run & Health Walk  
and 100m Pee Wee Run

Monday, May 31, 2004 (Memorial Day)



Other Sponsors

Runners World

New York Road Runners Club

Black Walnut Inn

**(\$1000 IN PRIZE MONEY)**

**DATE:**

Monday, May 31, 2004  
(Rain or Shine)

Rahway City Hall Complex  
1 City Hall Plaza, Rahway

**TIME:**

9:00am 1 Mile Fun Run &  
Health Walk

9:30am Pee Wee 100m Run

9:45 Mayor's Trophy 5K Run

**COURSE:**

Out and back, flat, fast, scenic.  
Traffic controlled, Water stops,  
Mile splits.

**TIMING:**

Digital clock and electronic  
timing. Race Results by  
CompuScore.

**AWARDS:**

Prize Money to the top three  
Open male and female.  
(\$250-\$150-\$100) in the 5K

Trophies to the top three  
Rahway residents male and  
female.

Trophies to the top three in 10 year age group.

(Ages 13 and under 14-19, 20-29, 30-39,  
40-49, 50-59, 60-69, 70-75, 76+)

Medals to all finishers in the  
5K Run.

**I MILE AWARDS:** Trophies to the top three  
overall Male and Female

**REGISTRATION:**

Pre-registration 5K by  
May 21, 2004 - \$12:00

Pre-registration 1 Mile by  
May 21, 2004 - \$ 8:00

Free for Pee Wee Runners.

Post Registration: Mayor's  
Trophy 5K - \$15:00

Mile Fun Run & Walk - \$10:00

**AMENITIES:**

Post race Fruits, Water etc.  
Bathroom facilities inside  
Rahway City Hall.

The Black Walnut Inn



Red O Breakfast

www.theblackwalnutinn.com

Waiver: In consideration of this entry being allowed to participate in this racing event, I personally assume all risks in connection with this race. I release the City of Rahway, Event staff, USAF, sponsors and their representatives, entertainers at the event, and successors from any claim by me or my family, estate, heirs or assigns, for injury or damage which may occur to my participating in the race. I have signed the release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm here that I am physically fit and qualified to participate in this race and I am at least 18 years of age and have had this signed by my guardian if I have not yet reached age 19.

Signature \_\_\_\_\_

\_\_\_\_\_ under 18 guardian signature

**DIRECTIONS**

Directions: From Garden State Parkway (GSP) Southbound: Take exit 135 (Clark, Westfield), follow signs for Brant Ave., Rahway. Turn left at the traffic light onto Westfield Ave. Go approximately 1.5 miles, cross over St. George's Ave. and turn right at the traffic light onto Irving St. Go to the next stop sign, turn left onto East Milton Ave. Go to next light (Rahway Post Office & City Hall) make right onto Main St. Make left onto City Hall parking lot, Recreation Center is forward on the opposite side of parking lot.

Directions: From Garden State Parkway (GSP) Northbound: Take exit 135 (Clark, Westfield), and immediately bear right onto Brant Ave. Turn left at first traffic light (Westfield Ave.) And proceed as above.

New Jersey Turnpike: North and Southbound: Take exit 12 (Carteret/Rahway) and follow signs for Route 1/Rahway head West on Roosevelt Ave., which turns into Randolph Ave. Turn right at the traffic light onto Woodbridge Road. At the next light, turn left onto East Hazelwood Ave. Turn right at the next light onto Main St. Go through the following light make right into Rahway City Hall, Recreation Center ahead opposite side of parking lot.

Route 1 South: Follow Route 1 South pass Merck & Co., make right at traffic light (E. Milton Ave.). Go through next traffic light (E. Milton & Lawrence Sts.) Over small bridge Recreation Center on the left, make left into parking lot (before Police Department).

Route 1 North: Follow Route 1 North (Avenel, Rahway) passed Sansone Car Dealership, stay in right lane and exit off ramp. Stay in left lane make left at the stop sign (W. Hazelwood Ave.) Continue to first traffic light (Main St.) Make right, pass Center Circle Indoor Facility, make right into City Hall parking lot, Recreation Center is straight ahead.

**BY PUBLIC TRANSPORTATION:**

By Bus from Port Authority, New York City: Take the #115 Bus (New Jersey Transit) to Rahway. Ask the Bus driver to let you off at Rahway Post Office or Rahway City Hall. Or Path Train to Newark Penn Station then the 62 Bus (Woodbridge) get off at Rahway Post Office or Rahway City Hall.

By Train from New York City 34 Street (Penn Station) or Newark Penn Station: Take the New Jersey Transit train outbound (New York - Newark to Trenton) and get off at Rahway Station. (You can see City Hall from the Train Station) the Recreation Center is behind City Hall.