



500 points

## LORD STIRLING SCHOOL GREAT SWAMP DEVIL RUN 15K & 5K RACES

### SUNDAY, NOVEMBER 21, 2004

Lord Stirling School  
Located on Lord Stirling Road, Basking Ridge, New Jersey



500 PTS (15K ONLY)

**COURSE:**

1:00 pm 15 K through GREAT SWAMP on Bernards & Long Hill Townships roads - **USATF CERTIFIED**  
1:15 pm 5 K through GREAT SWAMP on Lord Stirling & White Bridge roads.

Split times & water stops. Computerized scoring by COMPUSCORE.

**AWARDS:**

Championship awards to overall female & male 15K & 5K winners. Awards in the following age groups:  
(Female and Male) 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59,  
60-64, 65-69, 70-74, 75-79, 80 and over.

Wheelchair Division in both races

5K RACE ONLY: Awards to top two Corporate teams, and the top running club.

Participants **MUST BE PRESENT** for Post Race ceremonies to be eligible for awards.

**\*\* EXCEPT FOR TEAM AWARDS, participants eligible for ONLY one award per event.**

**REGISTRATION:**

Pre-registration entries must be **RECEIVED** by November 17, 2004 and **MUST INCLUDE A SELF-ADDRESSED STAMPED BUSINESS SIZE ENVELOPE** to receive RACE NUMBER & INSTRUCTION  
5K ONLY: Corporate Teams and Running Clubs **MUST BE MAILED TOGETHER, MUST BE PRE-REGISTERED, and MUST INCLUDE AN ENTRY FEE FOR EACH RUNNER.**

ENTRY FEE BENEFITS The Lord Stirling School. Member, Assoc. of Schools & Agencies for Handicapped  
Race day registration from 11:00 to 12:00 noon.

Pre-race - \$18.00 (Long Sleeve Shirts to all pre-registrants)

Race day entry - \$25.00 while shirts available, \$20.00 thereafter

*\$2.00 discount for USATF-NJ members for pre-race registration*

PLEASE MAKE CHECKS PAYABLE TO: "**The Lord Stirling School**"

**NEW**  
Four-Color,  
Long-Sleeve  
shirts  
back by  
popular  
demand!

Packet Pick-Up at  
Sneaker Factory  
308 Millburn Avenue  
Millburn, NJ  
11/18-20, 2004  
Thurs. 10-7 Fri. 10-5  
Sat. 10-4:30

### DIRECTIONS TO RACE

**FROM NORTH OR SOUTH JERSEY**

Take Route 287 to North Maple Avenue, Basking Ridge Exit (30A). Stay on North Maple Avenue until you come to a fork, bear left at the fork onto South Maple Avenue. You will pass a library, horse stable and a farm stand. About 500 feet after the farm stand make a left onto Lord Stirling Road. Go to the first driveway on the right after the townhouses.

**FROM EAST OR WEST JERSEY**

Take Route 78 (Exit 142 on Garden State Parkway from the East). Go to Exit 36 on Route 78. Follow the sign to Basking Ridge. This is King George Road. Continue straight to the fourth light, it then becomes Stonehouse Road. Go to fork at end, bear right at fork, go under the overpass and make first right (at the light) onto Cross Road. Go to the end of Cross Road and make left onto South Maple Avenue, then make 2nd right onto Lord Stirling Road to the 1st driveway on right past the townhouses.

**NO REFUNDS, EXCHANGES OR TRANSFERS**

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Downloaded from CompuScore  [www.compuscore.com](http://www.compuscore.com)

## ENTRY & RELEASE FORM

Downloaded from CompuScore  [www.compuscore.com](http://www.compuscore.com)

Check one race only:

15K race

5K Race

Please check one:  Male  Female

\_\_\_\_\_

Last Name

First Name

\_\_\_\_\_

Mailing Address

Street

Apartment or Unit #

\_\_\_\_\_

City

State (or County if not USA)

Zip Code

\_\_\_\_\_

Area Code

Daytime Phone

Age on race day \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

2004 USATF-NJ# \_\_\_\_\_

Circle T-Shirt size: M L XL

For 5K race ONLY

CORPORATE RUNNING TEAM \_\_\_\_\_ (identify)

RUNNING CLUB \_\_\_\_\_  
name & address

### PLEASE READ, SIGN & MAIL

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound for myself, executors and administrators, waive any and all rights and claims for damages and injury I may have against the Lord Stirling Schools Inc., Bernards Township, Long Hill Township, USATF-NJ and any and all sponsors and their agents, representatives, servants, successors, and assigns and all other persons or entities involved in the promotion and staging of this Nov. 21, 2004 15K and 5K, for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace or walker entrant, that I am physically fit and have trained sufficiently for the competition of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parental or guardian consent required if under 18 \_\_\_\_\_

Mail entry form & fee, with STAMPED, SELF ADDRESSED ENVELOPE, to: Lord Stirling School Run, c/o Dean Shonts, Race Director  
P.O. Box 150, Millburn, NJ 07041 973-376-6094