



Please come to Upper Saddle River on Thanksgiving Day for the 6th running of the Dick Meighan Memorial 5k Road Race. The run is organized by the town's Recreation Commission for the enjoyment of runners of all abilities and to honor our departed friend Dick Meighan. This year's run will once again feature first-rate amenities thanks to our generous sponsors: Rigoletto, The Running Company of Montvale, The Gym, Inserra Supermarkets, BMW of Manhattan, MINI of Manhattan, Allendale Bar & Grill, Mahwah Bar & Grill, Cablevision, SONY, Greenbaum Interiors, Dorfman, Lynch & Knoebel, Interactive Marketing Group, Uniscape Landscaping.

Date

Thanksgiving Day Thursday - November 25, 2004
 7:30 am Registration opens
 9:00 am Race begins

Awards ceremony follows last finisher.

Race Facts

The race is run on a certified 5k course which makes one loop of the town center over main roads. The course will have 1 water station, traffic control, first-aid coverage and digital clocks at the 1m and 2m marks. Walkers are welcome. Strollers ok. Sorry no rollerblades, bikes or pets permitted on the course

Check-in and Parking

Start and finish lines at Cavallini Middle School, 392 West Saddle River Rd., Upper Saddle River, NJ 07458. Please park directly across the street in the Bogert and Reynolds Schools complex or behind Cavallini in Lion's Park or on any side street. Registration and check-in will take place in Cavallini gym.

The school's gym and restrooms will be open.

Advance Registration Options

Please pre-register via *active.com*

Shirts, chips and race numbers may be picked up on race eve from 7:30-9:00 pm Wednesday Nov. 24th at Boro Hall, West Saddle River Rd., Upper Saddle River.

Mail-in and race-day registration also accepted.

Entry Fee

Pre-Registration fee: \$15
 Race day registration fee: \$20

Unique Trophies Awarded

- Top 3 male and female finishers overall and in 5-year age categories from 10-&-under, 11-14, 15-19 etc. to 70-&-over. [no duplication]
- Top 5 immediate-family teams based on the sum of 3 fastest times. Team captain must register team a minimum ½ hour before race.

Same Day Results Posted Online

by CompuScore. www.compucore.com

Amenities & Door Prizes

- First 900 entrants receive a heavy cotton, long-sleeve, t-shirt. A keeper! Photo on web site.
- Bagels and hot refreshments for spectators, plus post-race water, fruit, cider and donuts.

Need Information ?

Email: USR5k@msn.com.
 Web page: www.dickmeighan5krun.org with photos, results, course map, directions and link to **online registration**.

Message Line at 201 818 0248

Beneficiaries

D.A.R.E., the USR Rescue Squad, Ambulance Corps and Fire Department, USR Education Foundation, Boy Scouts and Girl Scouts of America, USR Youth Triathlon and "Extra Mile" Scholarship.

Entry Blank

Last Name: _____
 First Name: _____
 Address: _____ State: ____
 Town: _____
 Zip: _____ Phone: _____
 M/F: ____ Shirt Size: Sm Med Lg XL
 EMAIL address _____
 Age on Race Day: ____ DOB: _____

Release: In consideration of the foregoing, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Upper Saddle River Recreation Commission, David Siconolfi and Compuscore, the Borough of Upper Saddle River and any and all participating sponsors, donors and supporters, for all claims of damages, demands and actions whatsoever in any matter as a result of my participating in The Dick Meighan Memorial Run. I attest and verify that I am physically fit and capable of running a 5K footrace and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. U.S.R. Recreation Commission reserves the right to reject any entry.

 participant's signature date
 (or parent's if under 18)

Send completed form to:

The Dick Meighan Memorial Run
 P.O. Box 569
 Saddle River, New Jersey 07458

Please make your check payable to:

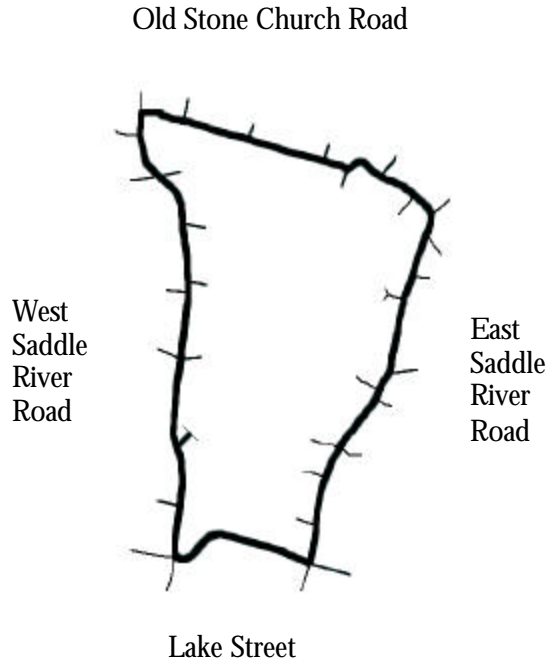
Borough of USR / Dick Meighan Run

Downloaded from CompuScore
www.compucore.com

Thanksgiving Day at 9:00 am

Upper Saddle River, NJ

The Dick Meighan Memorial Run
P.O. Box 569
Saddle River, NJ 07458



From the starting line in front of Boro Hall, the course runs north on West Saddle River Road, east on Old Stone Church Road, south on East Saddle River Road, west on Lake Street and north again to the finish line in the Cavallini parking lot.



Directions

From The Garden State Parkway

Take the Garden State Parkway North to Exit 172 - last exit in New Jersey. Turn left at the bottom of the ramp onto Grand Avenue. Proceed west on Grand Avenue/Lake Street to the fourth traffic light - West Saddle River Road. Turn right at this light. Cavallini Middle School is ¼ mile up the road on right. Park across the street in the Reynolds or Bogert Schools parking lots.

OR

From Route 17

Take Route 17 north to the East Allendale Avenue / Saddle River Exit. (It is immediately after the irregularly shaped, pink stone sound barrier wall). Proceed east on East Allendale Avenue to the first traffic light. Turn left onto West Saddle River Road and proceed north approximately 2.5 miles to the Cavallini School ¼ mile past the traffic light at Lake Street..

OR

From 287 / Morristown

Take route 287 North to Mahwah and exit at Route 17 South. The exit ramp parallels 287 for a half mile before crossing over the highway, turning south and then merging into the forks for Route 17 South and 287 South. Move to the left and follow signs for Route 17, and once on Route 17 continue to the Upper Saddle River Exit at Lake Street. After exiting the highway merge into the eastbound overpass and proceed ¼ mile toward the traffic light at Lake St. Immediately before the light turn right at the yield sign and proceed east on Lake St. After a mile of twists and turns turn left at the traffic light at West Saddle River Rd., and proceed north to the schools ¼ mile up the road.