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52 N Sussex St.
Dover, NJ 07801
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THE SEEBODE FAMILY

STIK

START/FINISH/PARKING-The race starts at the corner of Blackwell and Prospect streets in Dover (Morris County), New Jersey in front of the Casa Di Puerto Rico Club. Plenty of parking is available in a public lot up on the left on Prospect Street. DO NOT PARK IN THE CASA DI PUERTO RICO LOT OR ON BLACKWELL STREET BY THE RACE START OR YOUR CAR WILL BE TICKETED OR TOWED!

SCORING/TIMING: CompuScore-download an application-www.compuscore.com

ENTRY FEES-\$15.00 pre-entry by October 23rd, 2004. Guarantee long-sleeve shirt
\$13.00 pre-entry by October 23rd, 2004. USATF Member Guarantee shirt
\$20.00 post-entry after October 23rd & race day-SHIRTS WHILE THEY LAST

CHECKS: Payable to Dover Renaissance, Inc. Proceeds to benefit Dover Improvement Projects

MAIL TO: Nicholas Lee-Staff Race Dir. 128 West Hanover Ave, Randolph, NJ 07869
Call for additional information-(973) 895-9607

PLEASE PRINT CLEARLY:

Registration form with fields for Last Name, First Name, Init., Street Address, City, State, ZIP Code, Date of Birth, Age on Race Day, Sex, Shirt Size, 2004 USATF-NJ #, Team Name, Open Mast/Misch Coed, and Learned About Race.

- Enter me in the 5K Run. Enclosed is my check for \$15.00 (\$13.00 for USATF-NJ Member)
I cannot enter the race, but here is my contribution to Dover Renaissance in the amount of \$

I am entering this event at my own risk and assume all risk and responsibilities for any injuries incurred as a direct or indirect result of my participation in this event. I, for myself and my heirs and executors, also agree not to hold any participating sponsors or supporters or the directors and agents of such parties and USATF-NJ responsible for any such injury or damage suffered. I verify that I have full knowledge of the risks involved in this event, and that I am physically fit and sufficiently trained to participate in it.

Signature

Signature of Parent/Guardian (if under 18)

DIRECTIONS-From Route 80 West/East (Take Rockaway Mall Exit). Go South on Mt. Hope Avenue for approximately 1 to 2 miles across Route 46 (McFarland St.). Look for a gas station on your left before Route 46. Go a few blocks and make a right on Blackwell Street. Registration is ¼ mile on your left down the street. **PARK IN PROSPECT STREET PARKING LOT!**

-From Route 287 North/South to Route 10 for approximately 5 to 6 miles. Once you pass the Lincoln/Mercury & Honda Dealer, make your first right on to South Salem Street. You will go past K-Mart and a Shell Station. At the third traffic light down the hill, make a left on to Blackwell Street. Go ¾ of a mile to the registration area.

COURSE-Out and Back-mostly flat and fast (one hill before mile one). The course goes through downtown Dover and Salem Village. Sanctioned and Certified by USA Track & Field. SEE MAP

Pre-registration packet pick-up available from October 26th through October 29th and in-person registration available through October 29th at:



(973) 361-9100

*Morris County's
Specialty Running Store*

All packets must be picked up by 8:45 AM of race day at race registration. Your entry fee entitles you to registration, refreshments, race packet, and eligibility for prizes donated by local merchants at the post race raffle.

AWARD CATEGORIES-Overall Best Time-1st, 2nd, and 3rd place Male & Female

Dover Residents Best Time: 1st, 2nd, and 3rd place Male & Female (supersedes Age Group)

Age Group (based on previous years' participation) No duplicate awards except teams.

