



# 2<sup>nd</sup> ANNUAL FRIEND 2 FRIEND "HOT CHILI CHALLENGE"



Proceeds will support the SUSSEX COUNTY WOMEN'S FORUM free baseline Mammogram Program and the expansion of our mission. Free Baseline Mammogram and Ultrasound program provided for the women of Sussex, Morris, and all surrounding counties.

**DIRECTIONS:** Route 80W to Exit 34B (Sparta-Jefferson Rt. 15N) for 12 miles to 2<sup>nd</sup> Sparta exit (Route 517S). Make a left at the end of the ramp. Continue 5 miles. At the 6<sup>th</sup> traffic light make a left. (Max's Station House is on right). Continue .3 miles to fork in road. Bear right onto Goodale Rd. And continue to 2.2 miles to race site on left.

Coming from south, take 206N to Goodale Rd. (Approx. 1 mile from Exxon Station) and continue to race site on right.

## 8 MILE TRAIL RUN

Join us October 17, 2004, for Sussex County's most scenic trail run. The 8 mile trail run is held at Kittatinny Valley State Park in Andover, New Jersey. The race is on park roads, through fields, and single trail paths through the woods of this picturesque state park. This is a challenging course with rolling hills that will be enjoyed by all.

DATE:	SUNDAY	OCTOBER 17, 2004
CHECK IN:	7:30 AM	RACE BEGINS: 9:30 AM
FEES:	<u>Before 10/01/04</u> \$15.00	<u>After 10/01/04</u> \$20.00

\*\*\*SAME DAY REGISTRATION AVAILABLE\*\*\*

Live DJ, Post Race Refreshments: CHILI/SOUP/BAGELS/CIDER/BOTTLED WATER  
\*\*LONG SLEEVE T-SHIRTS TO PRE-REGISTRANTS(WHILE SUPPLIES LAST)\*\*

AWARDS: Top 3 Men & Women Overall, Top 3 in each Age Group  
Age Groups: 14-19/20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60+

FOR MORE RACE INFORMATION, CONTACT: MARE GALEOS @ (973)300-0142  
ONLINE: [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM) Or Metro Race Forum Magazine

Please make check payable to and mail entry form to: Sussex County Women's Forum PO Box 918 Lafayette, NJ 07848  
**Please Print Clearly**

Name: \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M \_ F \_

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

Phone(MANDATORY): \_\_\_\_\_ Work: \_\_\_\_\_ T-Shirt Size - Adult S \_ M \_ L \_ XL \_

In consideration of this entry, I hereby for myself, my heirs, executors, and administrators, waive any and all claims for damages I may have against the Sussex County Women's Forum, the representatives, successors or assigns of these organizations, race volunteers and all sponsors for any injuries that may be suffered by me in this event. I further attest and verify that I am physically able to participate in this event.

SIGNATURE	DATE	OFFICE USE ONLY
SIGNATURE(of parent if UNDER 18)	DATE	BIB# _____