

REGISTRATION INFORMATION

Free, First Quality, Long-Sleeved
T-Shirts to First 1,200

5K, 10K, and Walk Registrants!

(Pick up at check-in station)

PRE-REGISTRATION

- Entry fee \$18.00 (\$16.00 for USATF members with valid 2004 USATF number), 5K and 10K Runs and 5K Health Walk. Fun Run entry fee: \$5.00.
- Entries must be received by October 11, 2004
Paramus Run
475 Farview Avenue
Paramus, NJ 07652

DAY OF RACE REGISTRATION

- Entry fee \$22.00 (5K and 10K Runs and 5K Health Walk). USATF members, \$20.00. Fun Run entry fee, \$5.00.
- Make checks payable to The Paramus Run.
- Register at check-in tables at Radisson Inn, From Road, Paramus.

SECOND RACE ENTRY FEE

For runners entering 5K and 10K: Add \$10.00 to first race fee.

CHECK IN

- Beginning at 7:30 a.m. on Sunday, October 17, at the Radisson.

FACILITIES

- Come dressed to run. Restrooms available. No shower or dressing facilities.

PARAMUS RUN HOT LINE:

(201) 265-9321

(201) 265-9322

(8:30 A.M. -4:30 P.M.)

RACE FACTS

This annual event is sponsored by the people of Paramus, in conjunction with the Board of Recreation Commissioners, Board of Education, Paramus Volunteer Ambulance Corps, Paramus Shade Tree & Parks Commission, Paramus Police Dept., and Paramus Rotary, and benefits the young people of Paramus through the Paramus Scholarship Fund.

2004 STARTING TIMES

- 9:05 Hudson City Savings Bank 10K Race
(New Balance - NJ Grand Prix Event, 500 Points)
- 10:30 Award ceremony for 10K Race
- 11:15 The Lou Lanzalotto Memorial-Chrysler/Kia of Paramus 5K Run
(New Balance - NJ Grand Prix Event, 500 points)
- 11:15 5K Health Walk
- 12:15 Fidelity Investments One Mile Fun Run for Kids
- 12:30 (approximate) 5K Awards, drawing for valuable prizes. You must be present to win!

• SANCTIONED AND CERTIFIED BY USA Track & Field

NEW COURSE DESCRIPTION

Fast, safe and mostly flat. Water stations, excellent traffic control, and first-aid coverage throughout the course.

TIMING

5K - At all mile markers. 10K - At all mile markers.

AGE GROUPS

Again in '04! Trophies to 1st, 2nd, and 3rd place male and female finishers in each age category 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

COURSE RECORDS

10K MEN:	Gene Mitchell, Franklin Lakes, NJ, 2003	31:17
10K WOMEN:	Marialucia Moraes, Danbury, CT, 2002	36:02
5K MEN:	Jackton Ohdiambo, Ridgewood, NJ, 2003	15:22
5K WOMEN:	Atalelach Ketema, The Bronx, NY, 2003	16:28*

*Fastest women's 5K time in the history of Paramus Run

