

USATF-NJ CROSS COUNTRY CHAMPIONSHIPS

Sunday – October 10th
5K Championship
Open & Masters Women & Men
Holmdel Park, Holmdel

Registration: 9:00am
Race Times: Men's Only 5K @ 10:30am
 Women's Only 5K @ 11:30am
Pre-Entry: \$10, Received by October 5th
Post-Entry: \$15, after October 5th

Sunday – October 31st
8K Championship
Open & Masters Women & Men
Deer Path Park, Readington
Co-sponsored by Hunterdon County

Registration: 9:00am
Race Times: Men's Only 8K @ 10:30am;
 Women's Only 8K @ 11:30am
Pre-Entry: \$10, Received by October 26th
Post-Entry: \$15, after October 26th

USATF MEMBERSHIP REQUIRED!
 Hunterdon County residents exempt for 8K at Deer Path Park

USATF-NJ Championship Awards to USATF members and USATF-NJ member clubs

- Individual:** Top 8 Open (14–39 years) and Top 3 Masters in 40+ 5yr age groups
Team: Top 3 Open and Masters Age Group teams in each division:
 Men: Open, 40–49, 50–59 (declare up to 8; score 5); 60+ (declare up to 5; score 3)
 Women: Open (declare up to 8; score 5); 40–49, 50–59, 60–69 (declare up to 5; score 3)

Directions

Holmdel Park: Take the Garden State Parkway to Exit 114. Coming from the South, make a left; coming from the North, make a right. You are now traveling down Redhill Rd. Stay on Red Hill Rd. until you reach Everett Rd., then make a right. Follow Everett Rd. to Roberts Rd., make a left. You will then make a right onto Longstreet Rd. The park will be on your left.

Deer Path Park: From the Flemington circle: (which is at Route 31 & Route 202) go North on Route 31 towards Clinton. After approx. 4 miles, turn right onto W. Woodschurch Road. Park entrance will be on your right. **From Route 78 West:** take exit 21B toward Easton, PA. Merge onto 523 S at exit #24 toward Whitehouse. At Rt 22, go East for approx 1/4 mile, then turn Right to continue onto 523/Main St. Go just over 5 1/2 miles and then turn Right onto Woodschurch Rd. Turn Left onto W. Woodschurch Rd. The park entrance is on your right.

Information: www.usatfnj.org; usatfnj@usatfnj.org, or 973-334-8900



Both Races
Floor of 300 Points!

Check or Money Order MUST Accompany Entry
Mail Entries Payable To: USATF-NJ Cross Country, P.O. Box 330, Boonton, NJ 07005

Last Name: _____ First Name: _____ Gender: _____
 Address (w/Apt. No.): _____
 Town/City: _____ State: _____ Zip: _____
 2004 USATF # _____ Telephone: _____
 Date of Birth: ____/____/____ Age on Race day: _____

RACE(S) ENTERED:
 _____ October 10th – 5K
 (Holmdel Park)
 _____ October 31st – 8K
 (Deer Path Park)

In consideration of accepting this entry I hereby waive and release all rights and claims for damages I may have against, USA Track & Field Inc., the New Jersey Association of USA Track & Field, Inc., New Balance North Jersey, Hunterdon County Park System, Hunterdon County Dept. of Recreation, Middlesex County Park System, Middlesex Dept. of Recreation, their staff, administration, volunteers, officials and any representatives, for all injuries by me in said event. Furthermore, I state that I have trained for and I am physically capable of successfully completing this race.

SIGNATURE (Parent or Guardian if Under 18)

Date