

REGISTRATION

All pre-registered entrants are guaranteed the official race shirt. All others while supplies last.

Race day pick-up at Verona Park Boathouse from 8-9 AM.

5K RUN

PREREGISTRATION (by Aug. 26, 2004) \$13.00
 RACE DAY REGISTRATION \$15.00

1 MILE FUN RUN & 1 MILE HEALTH WALK

PREREGISTRATION \$ 8.00
 RACE DAY REGISTRATION \$ 8.00

Make all checks payable to: **VERONA UNICO.**

Mail entries to:

Essex Running Club, P.O. Box 183, Verona, NJ 07044

AWARDS - 5K RUN

To be presented to the 1st overall male and female Verona residents, the first overall male and female winners and the top three finishers in these age groups:

MALE		FEMALE	
14 and under		14 and under	
15-19	20-29	15-19	20-29
30-39	40-49	30-39	40-49
50-59	60-69	50-59	60-69
70-79	80+	70-79	80+

AWARDS - 1 MILE FUN RUN

To be presented to the top 3 male and female finishers and male and female UNDER 15.

RIBBONS TO ALL FINISHERS OF THIS EVENT.

REFRESHMENTS Available at finish area

AWARDS CEREMONY immediately following the race. The *Rick Derella Memorial Award* will be presented during this ceremony.



VERONA



UNICO

22nd Annual 2004

VERONA LABOR DAY CLASSIC

MONDAY, SEPTEMBER 6, 2004

1 MILE FUN RUN
 1 MILE HEALTH WALK
 5K RUN

Directed by VERONA UNICO
 & THE ESSEX RUNNING CLUB



