



RVRR presents The Equinox 20K Masters Championship Sunday, March 20, 2005

Rain, Snow or Shine

Location: Johnson Park, River Road,
Piscataway
Time: 9:30

Registration: 7:45-9:15
Post Race Party: Immediately following the race
in the park

DIRECTIONS:

From the North: Take Rt.287S to Exit 9 River Road. Make a right at the end of the ramp. This is River Road. Take 2nd park entrance after passing Rt. 18 intersection.
From the South: Take Rt. 287N to Exit 9 River Road. At the light make a left onto River Road. Follow race signs to park entrance. Take 2nd park entrance after passing Rt. 18 intersection.
From Rt. 18: Take Route 18 north to River Road. Make a right onto River Road. Park entrances are on the right.
From NYC: Take the North East Corridor Train to The New Brunswick Station. It is less than a 5 minute cab ride to the park.
Course: Fast flat 20K course through beautiful Johnson Park. Plenty of water stops and mile splits.
20K Awards: 1st, 2nd and 3rd place male and female.
Age Groups: 14 and under to 70 and over in 5-year increments
Parking is limited so car pooling is recommended.

FOR FURTHER INFORMATION CALL: DANA GROSS (908) 470-0420

REGISTER ON-LINE AT www.active.com

Course will be closed after 2 hours and 30 minutes.

T-shirts guaranteed to pre-entrants only.

Official Entry Form

Mail completed form to: Equinox 20K, 8 Cedar Court, Bedminster, NJ 07921

Name: _____ **Phone:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **E-mail:** _____

Sex: (circle one): M F **Age on Race Day:** _____ **Date of Birth:** _____

T-Shirt Size: (Circle One) M L XL

Check whichever applies:

\$20 (USATF members postmarked by March 14) USATF-NJ #; _____

\$22 Pre-registration non USATF (postmarked by March 14)

\$25 After March 14 and on race day

\$10 Extra T-shirts

Total amount enclosed \$ _____

Make Checks Payable to Equinox 20k

Waiver/Release:

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in these cross country events, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, the race directors, all organizing committees, the town of Highland Park, the County of Middlesex, the Road Runners Club of America and all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed: _____

(by guardian if under 18)

Date: _____

