

Race Day Specifics

Race Day October 8, 2005

7:30 am Registration Opens
Packet/T-Shirt Pick Up

\$13.00 Pre-Race Registration
\$15.00 Same Day Registration

9:00 am Race Starts

Post Race Refreshments

9:45 am Award Ceremony
Door Prizes
(must be present to win)

Course Details

Timing Split at 1 Mile

Modified "Out and Back"

Challenging Hill at Finish

Water Stop

Jackie Boshart
245 Dockerty Hollow Road
West Milford, NJ 07480
Address Correction Required

ADDRESS:

Stamp



The Fifth Annual West Milford Autumn Lights 5K Race To Benefit The Juvenile Diabetes Research

Saturday, October 8th, 2005



Held at the West Milford
Town Hall
1480 Union Valley Road

Rain or Shine!

RACE SPONSORS

We would like to express our gratitude to the following sponsors:

Ben Franklin Plumbing

Frank Russo DDS

Applebees Rt. 23

Peerless Concrete

East Coast Associates

ShopRite of West Milford

Sears Hardware of West Milford

Directions:

From Rt. 23 North or South, take Union Valley Road Exit. Continue on Union Valley to the center of town (approx 7 miles).

Parking: Town Hall, Library (on Ridge Rd.) & ShopRite Parking Lots.



LIST OF PRIZES

Award Presentations and Door Prizes will follow conclusion of race at the Registration Tent in front of Town Hall

Runners

Trophies awarded to top overall male and female finishers

Medals awarded to top three finishers in each age group (male & female)

5K RACE AGE GROUPS

11 & Under	20-29	40-44	55-59
12-15	30-34	45-49	60-64
16-19	35-39	50-54	65 & Over

You can also register at
www.active.com

ENTRY FORM

Please Print Clearly

Name			
Street			
City State Zip			
Phone		email	
Age	DOB	M / F	
Shirt Size	S	M	L XL
(Shirts for all pre-registrants; post registrants while supplies last.)			
Pre Race Registration Due Date: 9/30/05 (No Refunds)			
Please make checks payable to: WM5k Race			
In consideration of your accepting this entry, I hereby waive and release any and all rights and claims for damages I may have against the race committee, the town of West Milford, their staff, officials, volunteers and their sponsors, for any and all injuries to me in said event. Furthermore, I have trained and I am physically capable of successfully competing in the race.			
Signature (Parent/Guardian if under 18)			Date
X			

Jackie Boshart
245 Dockerty Hollow Road
West Milford, NJ 07480
For Additional info call or email:
Jackie at 973-728-4622
JDBOS@TELLURIAN.COM or
Bev at 973-728-0264
BEV.PUNTOLILLO@VERIZON.NET