



Kick off your Thanksgiving Day by joining 1,000 runners in a 5k footrace around the borough of Upper Saddle River, NJ. The race is suitable for runners of all ages and ability, and generally has a large contingent of walkers as well.

Prizes are awarded in 5-year age groups for adults. To promote more balanced competition among younger runners, prizes are awarded in 2-year age groups for runners 18 and under. The top 3 finishers in each group receive our coveted "winged foot" award.



This year's race continues the tradition of providing first-rate amenities thanks to generous sponsors: Rigoletto Espresso, Terrie O'Connor Realtors, TYD Lifestyle of Montvale, Inserra Supermarkets, BMW Motorcycles & Mini of Manhattan, Allendale Bar & Grill, Englewood Dental, Domenic & Pietro Barber Shop of HoHoKus, Buddy Properties LLC, Interstate Waste Services, Strasser & Associates, Feerick Lynch Esqs., Uniscape Landscaping, Swift Electric, Studio 11 Productions and Antonucci's.

Race Date

Thanksgiving Day Thursday – Nov. 23, 2006
 Registration opens 7:30 am
 Race begins 9:00 am sharp!!!!

Awards ceremony will immediately follow last finisher.

Entry Fee

Pre-Registration fee: \$20
 Race day registration fee: \$25

Please pre-register via **active.com**

Shirts, chips and race numbers may be picked up on race eve from 7:30-9:00 pm Wednesday Nov. 22nd at Borough Hall, West Saddle River Rd., Upper Saddle River. Registration may also be done by mail or in-person at Borough Hall on race eve or in Cavallini gym on race day.

Race Location

Start and finish lines at Cavallini Middle School, 392 West Saddle River Rd., Upper Saddle River, NJ 07458.

Parking & Check in

Please park directly across the street in the Bogert and Reynolds Schools complex or behind Cavallini in Lion's Park or on any side street.

Prizes

- Unique trophy for top 3 male and female finishers overall plus merchandise.
- Age categories are 10-&-under, 11-12, 13-14, 15-16, 17-18, 19-24, 25-29, etc. to 70-&-over.
- Top 5 immediate-family teams based on the sum of 3 fastest times. Team captain must register team a minimum 1/2 hour before race.

Amenities & Door Prizes

- Everyone receives a heavy cotton LS t-shirt. Some SS available. See details at web site.
- Bagels and hot refreshments for spectators, plus post-race water, fruit, cider and donuts.

Same Day Results Posted Online

ComputerChip timing by www.CompuScore.com

Make Sure You Visit Our Web Site

www.dickmeighan5krun.org
 Email: USR5k@msn.com.
 Message Line at 201 818 0248

Entry Blank

Last Name: _____
 First Name: _____
 Address: _____ State: ____
 Town: _____
 Zip: _____ Phone: _____
 M/F: ____ Shirt Size: Sm Med Lg XL
 EMAIL address _____
 Age on Race Day: ____ DOB: _____

Release: In consideration of the foregoing, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Upper Saddle River Recreation Commission, David Siconolfi and Compuscore, the Borough of Upper Saddle River and any and all participating sponsors, donors and supporters, for all claims of damages, demands and actions whatsoever in any matter as a result of my participating in The Dick Meighan Memorial Run. I attest and verify that I am physically fit and capable of running a 5K footrace and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. U.S.R. Recreation Commission reserves the right to reject any entry.

 participant's signature date
 (or parent's if under 18)

Send completed form to:

The Dick Meighan Memorial Run
 P.O. Box 569
 Saddle River, New Jersey 07458

Please make your check payable to:

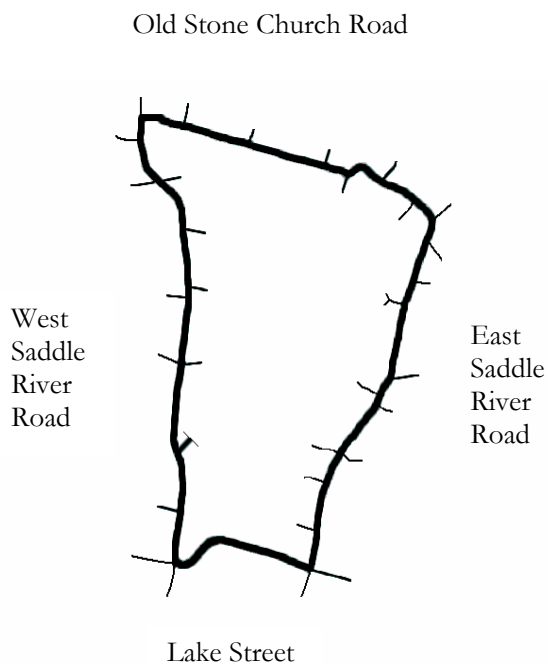
Borough of USR / Dick Meighan Run

Thanksgiving Day at 9:00 am

Directions

Upper Saddle River, NJ

The Dick Meighan Memorial Run
P.O. Box 569
Saddle River, NJ 07458



Course Info

From the starting line in front of Borough Hall, the course makes a 3.1-mile loop around West Saddle River Road, Old Stone Church Road, East Saddle River Road, Lake Street and briefly north again to the finish line in the Cavallini parking lot. The course will have 1 water station, first-aid coverage and digital clocks at the 1m and 2m marks.

Beneficiaries

D.A.R.E., the USR Rescue Squad, Ambulance Corps and Fire Department, USR Education Foundation, Boy Scouts and Girl Scouts of America, USR Youth Triathlon and "Extra Mile" Scholarship, NHRHS XC Team.

From The Garden State Parkway

Take the Garden State Parkway North to Exit 172 - last exit in New Jersey. Turn left at the bottom of the ramp onto Grand Avenue. Proceed west on Grand Avenue/Lake Street to the fourth traffic light - West Saddle River Road. Turn right at this light. Cavallini Middle School is ¼ mile up the road on right. Park across the street in the Reynolds or Bogert Schools parking lots.

OR

From Route 17

Take Route 17 north to the East Allendale Avenue / Saddle River Exit. (It is immediately after the irregularly shaped, pink stone sound barrier wall). Proceed east on East Allendale Avenue to the first traffic light. Turn left onto West Saddle River Road and proceed north approximately 2.5 miles to the Cavallini School ¼ mile past the traffic light at Lake Street..

OR

From 287 / Morristown

Take route 287 North to Mahwah and exit at Route 17 South. The exit ramp parallels 287 for a half mile before crossing over the highway, turning south and then merging into the forks for Route 17 South and 287 South. Move to the left and follow signs for Route 17, and once on Route 17 continue to the Upper Saddle River Exit at Lake Street. After exiting the highway merge into the eastbound overpass and proceed ¼ mile toward the traffic light at Lake St. Immediately before the light turn right at the yield sign and proceed east on Lake St. After a mile of twists and turns turn left at the traffic light at West Saddle River Rd., and proceed north to the schools ¼ mile up the road.