



For a healthy start to your Thanksgiving Day, please join 1,000+ runners for the 9th annual Dick Meighan Memorial Run, a 5k road race through picturesque Upper Saddle River, NJ. Runners and walkers of all ages and abilities are welcome.

Prizes are awarded in 2-year age groups for runners 18 and under. Adults receive awards in 5-year age groups. The top 3 finishers in each group receive our coveted "winged foot" award.



Race Date

Thanksgiving Day Thursday - Nov. 22, 2007
 Registration opens 7:30 am
 Race begins 9:00 am sharp!!!!
 Awards ceremony 10:15 am (after last finisher)

Race Location

Start & finish lines at Cavallini Middle School, 392 W. Saddle River Rd., Upper Saddle River, NJ

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.

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. 21st at Borough Hall, 376 West Saddle River Rd.

Registration may also be done by mail or in-person at Borough Hall on race eve or in Cavallini gym on race day.

Prizes

- Unique metallic stick figure awards 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, then 5-year groups 25-29 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.

Giveaways

- Entrants receive a long-sleeve cotton tee shirt. Limited supply of short-sleeve tees available via online entry. See photo and 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

Visit Our Web Site for Past Years' Results, Photos & Course Info

www.dickmeighan5krun.org
 Email: usr5krun@verizon.net
 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:

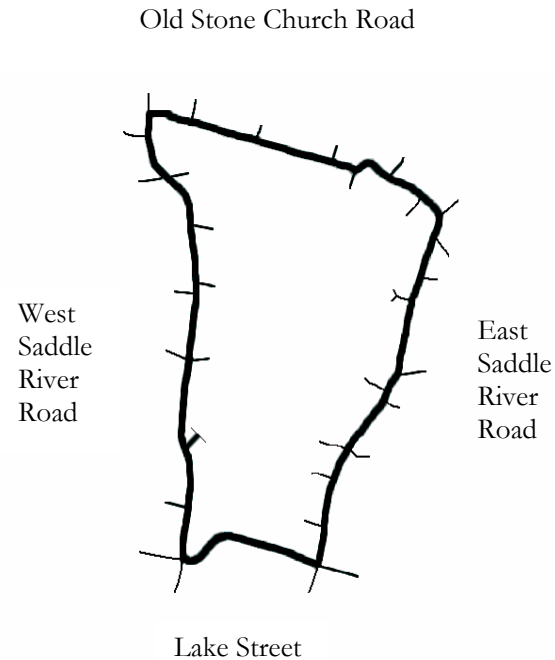
Borough of USR / Dick Meighan Run

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.