

USATF-NJ CROSS COUNTRY CHAMPIONSHIPS

<p>Sunday – October 7th 5K Championship</p> <p><i>Open & Masters Women & Men</i> <i>Holmdel Park, Holmdel</i></p> <p>Registration: 9:00am Race Times: Women's 5K @ 10:30am Men's 5K @ 11:30am Pre-Entry received by Oct 2; After Oct 2nd & Race Day USATF-NJ: \$10 \$15 All Others: \$15 \$20</p>	<p>Sunday – October 28th 8K Championship</p> <p><i>Open & Masters Women & Men</i> <i>Deer Path Park, Readington</i> <i>Co-sponsored by</i> <i>Hunterdon County Parks & Recreation</i></p> <p>Registration: 9:00am Race Times: Women's 8K @ 10:30am Men's 8K @ 11:30am Pre-Entry received by Oct 23; After Oct 23rd & Race Day USATF-NJ: \$10 \$15 All Others: \$15 \$20</p>
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These are no frills races - T-Shirts not included!
USATF memberships can be purchased until 10am at the race or online: www.usatfnj.org/member for \$29.95

USATF-NJ Championship Awards to USATF members and USATF-NJ member clubs

- Individual:** Top 8 Open (14–39 years) and Top 3 Masters in 40+ 5year age groups
Team: Top 3 Open and Masters Age Group teams in each division:
Men: Open, 40's, 50's (declare up to 8; score 5); 60's, 70's+ (declare up to 5; score 3)
Women: Open (declare up to 8; score 5); 40's, 50's, 60's, 70's+ (declare up to 5; score 3)

Directions

October 7th -- Holmdel Park: Take the Garden State Parkway to Exit 114. Coming from the South, make a left; coming from the North, make a right onto Redhill Rd. At Everett Rd., turn Right. Turn Left onto Roberts Rd. Turn Right onto Longstreet Rd. The park will be on your left.

October 28th - Deer Path Park: *From the Flemington circle:* (which is at Route 31 & Route 202) go North on Route 31 towards Clinton. After approx. 4 miles, turn Right onto W. Woodschurch Road. Park entrance will be on your right. *From Route 78 West:* Merge onto 523 S at exit #24 toward Whitehouse. At Rt 22, go East for approx 1/4 mile, then turn Right to continue onto 523/Main St. Go just over 5 1/2 miles and then turn Right onto Woodschurch Rd. Turn Left onto W. Woodschurch Rd. The park entrance is on your left.

Information: www.usatfnj.org; usatfnj@usatfnj.org, or 973-334-8900



**Both Races
Floor of 300 Points!**

Check or Money Order MUST Accompany Entry
Mail Entries Payable To: USATF-NJ Cross Country, P.O. Box 330, Boonton, NJ 07005

Last Name: _____ First Name: _____ Gender: _____

Address (w/Apt. No.): _____

Town/City: _____ State: _____ Zip: _____

2007 USATF # _____ Telephone: _____

Date of Birth: ____/____/____ Age on Race day: _____

RACE(S) ENTERED:

_____ October 7th – 5K
(Holmdel Park)

_____ October 28th – 8K
(Deer Path Park)

**No refunds or transfers
for any reason.**

In consideration of accepting this entry I hereby waive and release all rights and claims for damages I may have against, USA Track & Field Inc., the New Jersey Association of USA Track & Field, Inc., New Balance North Jersey, Hunterdon County Park System, Hunterdon County Dept. of Recreation, Middlesex County Park System, Middlesex Dept. of Recreation, their staff, administration, volunteers, officials and any representatives, for all injuries by me in said event. Furthermore, I state that I have trained for and I am physically capable of successfully completing this race.

SIGNATURE (Parent or Guardian if Under 18)

Date