

Central Jersey Road Runners 30th Annual

Fall

Monday September 3rd
9:30 AM
Nomahegan Park, Cranford

Classic



4-Mile Race

TIME: 9:30 AM
COURSE: Loop; Fast, Flat; Scenic; Traffic-Controlled; Water stops; Mile splits
TIMING: Timing by CompuScore.
TO BENEFIT: UCC scholarship fund



REGISTRATION: Check-in & post registration 7:30 to 9:00 AM at Nomahegan Park, Cranford
FEES: \$18 pre-entries (postmarked by 8/25); \$16 for USATF-NJ and CJRRC members; Post-entries: \$20 for all
AMENTITIES: T-shirt guaranteed to all pre-registered runners; Post-registrants get shirts while they last; Ample post-race refreshments;

AWARDS: To overall open & masters female & male winner. And to the top 3 in: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+

DIRECTIONS: From the south: GSP to Exit 138; Left onto Kenilworth Blvd; Left turn at 6th light onto Springfield Avenue (Rt 615); Nomahegan Park is 1/4 mile on left. Parking available at Union County College on right. From the north: GSP to Exit 138; Bear left at exit. Left onto Kenilworth Blvd. Follow direction from south, above. From Rt 22 East: Take "Westfield" ramp onto Springfield Avenue. At 4th light, bear right onto Springfield Avenue. UCC is 1/4 mile on right.

INFORMATION: Log on to WWW.CJRRC.ORG or Register online at www.practicehard.com or www.active.com

Please make checks payable to: CJRRC. Mail entry to CJRRC, P.O. Box 1863, Cranford, NJ 07017-5863

2007 Fall Classic OFFICIAL ENTRY FORM

Last Name		First Name		Gender	Age	Birthdate
Street Address		City		State	Zip Code	
Phone Number		Circle T-shirt size: M L XL XXL (remit \$2 addition for XXL shirts)				
Email address		2007 USATF #		CJRRC Membership #		

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against the CJRRC, USATF-NJ, and County of Union, Department of Parks & Recreations, their officers and representatives, successors and assignees for injuries that may be suffered by me in this event. I also confirm here that I am physically fit and qualified to participate in this race and am at least 18 years of age (or have had this signed by my guardian if I hat not yet reached age 19).

Signature

Parent's signature (if participant is under age 19)

