



# 25th Annual

## VERONA LABOR DAY CLASSIC

5K RUN • 1 MILE FUN RUN • 1 MILE HEALTH WALK

DIRECTED BY VERONA UNICO  
and the ESSEX RUNNING CLUB

**DATE AND TIME** Monday, September 3, 2007.  
Health Walk & Fun Run – 9:00 AM  
5K Run – 9:30 AM

**REGISTRATION** Verona Park Boathouse

**COURSE** 5K loop through the streets of Verona.  
Splits each mile.

**DIRECTIONS** From Garden State Parkway take Exit 148, west on Bloomfield Avenue thru Bloomfield and Montclair. About a mile past intersection with Pompton Avenue. Verona Park is on left.  
From 280 take Exit 7, Pleasant Valley Way north to Verona Park.

From Route 23 (Pompton Ave.) south to Bloomfield Avenue, turn right, straight to Verona Park.

**PARKING** NO PARKING WITHIN THE PARK ON RACE DAY. Parking available on Lakeside Avenue and in municipal lot across Bloomfield Avenue.

**INFORMATION** Thomas Malanga 973-239-4111

**REGISTRATION** All pre-registered entrants are guaranteed the official race shirt. All others while supplies last.

Race day pick-up at Verona Park Boathouse from 8-9 AM.

### 5K RUN

Preregistration (by 8/29/07) .....\$18.00  
USATF Member Preregistration (by 8/28/06) .....\$16.00  
Race Day Registration .....\$20.00

### 1 MILE FUN RUN & 1 MILE HEALTH WALK

PREREGISTRATION.....\$ 10.00  
RACE DAY REGISTRATION.....\$ 10.00

Make all checks payable to: **VERONA UNICO.**

Mail entries to:

Essex Running Club, P.O. Box 183, Verona, NJ 07044

### AWARDS - 5K RUN

To be presented to the first overall male and female Verona residents, the first overall male and female winners (who will receive the *Vince Carnevale Memorial Award Trophy*) and the top three finishers in these age groups:

<b>MALE</b>				
14 and under	20-29	30-39	40-49	50-59
15-19	30-39	40-49	50-59	60-69
70-79	80+			
<b>FEMALE</b>				
14 and under	15-19	20-29	30-39	40-49
50-59	60-69	70-79	80+	

### AWARDS - 1 MILE FUN RUN

To be presented to the top 3 male and female finishers and male and female UNDER 15.

**RIBBONS TO ALL FINISHERS OF THIS EVENT.**

**REFRESHMENTS** ..... Available at finish area

**AWARDS CEREMONY** immediately following the race. The *Rick Derella Memorial Award* will be presented during this ceremony.

