

Central Jersey Road Runners Club

HANGOVER RUN



26th Annual 5k Race NEW YEAR'S DAY

Noon on Tuesday January 1, 2008
Tamaques Park, Westfield, NJ



From GS Parkway.:
Exit 135, Westfield, to
Central Avenue. Turn
left on Terminal Ave.
Go to traffic light, right
on Railway Avenue.
Left on Lamberts Mill
Road. Go 1 mile to
Tamaques Park.

From Route 22: Use
Terrell Road, Scotch
Plains exit. Go
through Scotch Plains
about 3 miles until
Terrell Road becomes
Raritan Road. Pro-
ceed to Lamberts Mill
Road, turn right.
Tamaques Park is on
the left.

RACE DAY REGISTRATION: 10:30 — 11:45 AM

COURSE: Certified, fast & flat though the park and residential streets.

SCORING: Timing by CompuScore using ChampionChip.

AWARDS: Top overall male & female, open & masters, and top 3 in 5-year age groups from 14 & under to 80 & over. No duplicates.

AMENITIES: Custom-designed T-shirt guaranteed to all other pre-registered runners: post-registrants get shirts while they last. Hot cocoa and bagels.

ENTRY FEES: Pre-registration \$20 by December 24th; \$18 for USATF members; \$25 for all after December 24th.

INFORMATION: (866) 841-9139 ex 3807; runcjrrc@onebox.com or www.CJRRC.org. Register online at www.PracticeHard.com or www.Active.com

Do You Know Someone Who Wants To Learn How To Run; or To Tackle Their 1st 5k; or To Learn About Speed Work?

CJRRC's Instructional Running Program is taught by certified Road Runners Club of America (RRCA) coaches, with the aid of veteran runners. Step 1 is for anyone who wants to start a running program, preparing the runner for running 20 minutes without a break. It's geared for the absolute beginner to established runners returning to the sport after a break from injury or the passage of time. Want to run your first 5k? Step 1 1/2 is for you, increasing your endurance to tackle that first race. Step 2, Intro to Speed Training is for those who want learn how to increase their speed potential and develop their running skills to achieve a personal best.

Classes begin April in Cranford and Somerset.

For more information, log on to WWW.CJRRC.ORG.

Please make checks out to CJRRC and mail to P.O. Box 1863, Cranford, NJ 07016-5863

OFFICIAL 2008 HANGOVER RUN ENTRY FORM

Last Name	First Name	Sex	Age	Birth Date
Street	City	State	Zip	Email
Phone #	2008 USATF#			
Circle T-shirt Size:	M	L	XL	XXL (Add \$2 for XXL)

In consideration of being allowed to participate in this racing event, I personally assume all risks in connection with this race. I release the Central Jersey Road Runners Club, the Town of Westfield, the sponsors and their representatives and successors from any claim by me or my family, estate, heirs, or assigns, for injury or damage which may occur due to my participation in the race. I have signed this release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. 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 have not yet reached age 18).

Athlete's Signature _____ Date _____ Parent/Guardian Signature (if needed) _____