

2008 SUMMER SERIES

5K Cross Country Races

TUESDAY EVENINGS AT 7:00 PM

July 1, 15, 29 and August 12

Johanson Field, Powerville Road, Boonton Township

hosted by the *Morris County Striders* in cooperation with the
Boonton Township Recreation Department

This is a cross-country race on grass around the ball fields at Johanson Field.

Absolutely no baby strollers or dogs allowed in race.

USATF sanctioned event

This is a no-frills race series (no T-shirts) designed to add fun to summer running and to prepare youth for fall cross-country competitions.

Pizza and cold beverage after the race. No alcoholic beverages allowed.

Web: <http://www.morriscountystriders.com>
Series Hotline: 973-263-5529

AWARDS:

Top 3 Male & Female Overall winners

Youth Divisions: 10 & under, 11/12, 13/14, 15/16, 17-19

Open Divisions: 20 to 34, 35 to 39

Masters: (40 and over) Five-year age groups

Scoring by CompuScore: Awards for each race and entire series. Must compete in 3 of 4 races for series awards.

Pre-Registration Fees

Must be postmarked 5 days prior to race

17 & under & MCS members	\$5 per race
Non Members	\$8 per race
All four races 17 & under & MCS	\$19 by 6/26
All four races Non Members	\$30 by 6/26

Race Day Fees:

17 & under and MCS members	\$6 per race
Non Members	\$10 per race

Make checks payable and mail to:

Morris County Striders
7 Heritage Court
Towaco, NJ 07082

Directions: From Route 80: Take exit 38 (46 East/Denville). Follow Rt 46 East just under 2 miles. Turn left toward Mountain Lakes onto Boulevard (left turn lane). Go through Mountain Lakes on Boulevard until just past the Welcome to Boonton sign. Bear left at the fork onto Elcock. Elcock becomes Powerville Road at Del's Village/Hawkins Place. See From Powerville Road below. **From downtown Denville:** Follow Diamond Spring Road until it becomes Rockaway Valley. Turn right on Valley Road and Left onto Powerville Road. Turn left into RFL and Johanson Field. **From 287 coming North:** Take 1st exit after Route 80 - Intervale Rd. Turn Left at end to go over 287. Turn Right at light onto Fanny Rd. Continue on Fanny thru 1 stop sign, until Fanny ends at Boulevard/W. Main St. Turn Right onto W. Main and then take the fork to the Left onto Elcock which becomes Powerville Road. See From Powerville Road below. **From 287 coming South:** Take exit 45. At stop sign, turn left. Turn Right at Main St & follow through Boonton. Main St becomes W. Main St. At Del's Village, take slight right for 1 block & turn Right onto Powerville Rd. **From Powerville Road:** Continue past the fire station (on left) for about 1/2 mile. Turn right to stay on Powerville Road at the fork. Field entrance sign is on the right side of the road. Turn left into RFL & Johanson Field.

Registration Form

Name: _____ Age _____ Date of Birth _____ Sex: M _____ F _____
First Last D M Y

Address _____ daytime phone _____ - _____ - _____
Street Town State Zip

Race entry for: July 1 _____ July 15 _____ Jul 29 _____ Aug 12 _____ e-mail address _____

I, the undersigned, know that cross-country running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official. I assume all risks associated with running including but not limited to falls, effects of heat and humidity, conditions of the course. I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages against the Morris County Striders, USATF, USATF-NJ, Boonton Township, Boonton Township Recreation Department, the representatives, successors of assigns of these organizations, volunteers and all sponsors for any injuries that may be suffered by me in this event even though that liability may arise out of negligence on the part of the persons named in this waiver. I further give rights of reproduction for publicity use of all photos taken of me at this event.

Signed _____ Date _____
(Must be signed by guardian if under 18)