



18th ANNUAL LORD STIRLING SCHOOL GREAT SWAMP DEVIL RUN 15K & 5K RACES



SUNDAY, NOVEMBER 16, 2008

Lord Stirling School

Located on Lord Stirling Road, Basking Ridge, New Jersey

908-766-1786

www.lordstirling.org

Both races 500 PTS 15K & 5K

COURSE: 1:00 pm 15 K through GREAT SWAMP on Bernards & Long Hill Townships roads - **USATF CERTIFIED**
1:15 pm 5 K through GREAT SWAMP on Lord Stirling & White Bridge roads - **USATF CERTIFIED**

Split times & water stops. Computerized scoring by COMPUSCORE.

AWARDS: Championship awards to overall female & male 15K & 5K winners. Awards in the following age groups: (Female and Male) 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 and over. Wheelchair Division in both races
5K RACE ONLY: Awards to top two Corporate teams, and the top running club. Participants **MUST BE PRESENT** for Post Race ceremonies to be eligible for awards.
**** EXCEPT FOR TEAM AWARDS, participants eligible for ONLY one award per event.**

Pictures available of individual runners. See LSS website for details

REGISTRATION: Pre-registration entries must be RECEIVED by November 14, 2008
Corporate Teams and Running Clubs **MUST BE MAILED TOGETHER, MUST BE PRE-REGISTERED, and MUST INCLUDE AN ENTRY FEE FOR EACH RUNNER.**
Race applications can also be obtained @ www.lordstirling.org

ENTRY FEE BENEFITS The Lord Stirling School. Member, ASAH
Race day registration from 11:00 to 12:00 noon.

Pre-race - \$20.00 (Long Sleeve Shirts to all registrants)

Race day entry - \$25.00

\$2.00 discount for USATF-NJ members for pre-race registration

PLEASE MAKE CHECKS PAYABLE TO: "The Lord Stirling School"

Packet Pick-Up at Sneaker Factory
308 Millburn Avenue
Millburn, NJ
11/13-15, 2008
Thurs. 10-7 Fri. 10-5
Sat. 10-4:30

DIRECTIONS TO RACE

FROM NORTH OR SOUTH JERSEY

Take Route 287 to North Maple Avenue, Basking Ridge Exit (30A). Stay on North Maple Avenue until you come to a fork, bear left at the fork onto South Maple Avenue. You will pass a library, horse stable and a farm stand. About 500 feet after the farm stand make a left onto Lord Stirling Road. Go to the first driveway on the right after the townhouses.

FROM EAST OR WEST JERSEY

Take Route 78 (Exit 142 on Garden State Parkway from the East). Go to Exit 36 on Route 78. Follow the sign to Basking Ridge. This is King George Road. Continue straight to the fourth light, it then becomes Stonehouse Road. Go to fork at end, bear right at fork, go under the overpass and make first right (at the light) onto Cross Road. Go to the end of Cross Road and make left onto South Maple Avenue, then make 2nd right onto Lord Stirling Road to the 1st driveway on right past the townhouses.

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NO REFUNDS, EXCHANGES OR TRANSFERS

ENTRY & RELEASE FORM

Check one race only:
15K race 5K Race Please check one: Male Female
Last Name First Name
Mailing Address Street Apartment or Unit #
City State (or County if not USA) Zip Code
Area Code Daytime Phone Age on race day Date of Birth ___/___/___
2008 USATF-NJ# (15K ONLY)
Circle T-Shirt size: M L XL

For 5K race ONLY

CORPORATE RUNNING TEAM _____ (identify)
RUNNING CLUB _____
name & address

PLEASE READ, SIGN & MAIL

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound for myself, executors and administrators, waive any and all rights and claims for damages and injury I may have against the Lord Stirling Schools Inc., Bernards Township, Long Hill Township, USATF-NJ and any and all sponsors and their agents, representatives, servants, successors, and assigns and all other persons or entities involved in the promotion and staging of this Nov. 18, 2008 15K and 5K, for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace or walker entrant, that I am physically fit and have trained sufficiently for the competition of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Parental or guardian consent required if under 18 _____

Mail entry form & fee to: Swamp Devil Race, Sneaker Factory Run, c/o Dean Shonts, Race Director
P.O. Box 150, Millburn, NJ 07041 973-376-6094