

## LOCATION

Crowne Plaza, Paramus Park Shopping Center, Paramus, NJ

## SCHEDULE

Packet Pick-up begins at 7:30 am  
Park Ave Auto Group 10K Run 9:05 am  
10K Awards 10:30 am  
Lou Lanzalotto Memorial 5K Run & Health Walk 11:15 am  
1 Mile Fun Run for Kids 12:15 pm  
5K Awards and Prize Drawing 12:30 pm

## REGISTRATION

By mail or online at [www.ACTIVE.com](http://www.ACTIVE.com)

[www.RaceForum.com/Paramus](http://www.RaceForum.com/Paramus)

## FEES

10K/5K \$20 until 10/13 ( \$18 USATF )  
\$25 after 10/13 ( \$23 USATF )  
Fun Run \$5 ( includes free Park Avenue t-shirt )

## COURSE

Fast, scenic, tree lined. Mile clocks, water stops.

## SCORING

[www.compucore.com](http://www.compucore.com)

## AWARDS

1, 2, 3 Overall and Age Groups, Male & Female  
1, 2, 3 Paramus Resident, Male & Female  
14 and Under to 75 and Over ( 5 years )

## AMENITIES

Long Sleeve Tee ( first 1000 entrants - 10K/5K ),  
Gift Packs, Post Race Runner's Party, Prize Drawing.

## INFORMATION/DIRECTIONS

201-265-9321 • 732-381-0318  
[www.paramusrun.com](http://www.paramusrun.com) • [www.OYMP.net](http://www.OYMP.net)

# 30TH ANNUAL THE TERRI ROEMER PARAMUS RUN



Sunday  
October 19, 2008

Proceeds Benefit  
The Paramus Scholarship Fund



[www.OYMP.net](http://www.OYMP.net)



New Balance  
Grand Prix  
500 points

*Rain or Shine*

10K & 5K

## OFFICIAL ENTRY FORM

_____		_____	
last name		first name	
_____		_____	
street		city	
_____		_____	
state	zip	phone	
_____		_____	
date of birth	age on race day		
_____		_____	
email		gender	

WAIVER: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive any claim that I may have against the Paramus Recreation Commission, Paramus Board of Education, Paramus Volunteer Ambulance Corps, Paramus Shade Tree and Parks Commission, the Paramus Police Department, Paramus Park Shopping Center, Crowne Plaza, OYMP or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am physically able to compete in this event.

signature (parent or guardian if under 18) \_\_\_\_\_ date \_\_\_\_\_

Please make checks payable to:

The Paramus Run  
475 Farview Avenue  
Paramus, NJ 07652

### ENTRY FEES (please check)

Event	Through 10/13	After 10/13
<input type="checkbox"/> 10K	\$20.00	\$25.00
<input type="checkbox"/> 5K	\$20.00	\$25.00
<input type="checkbox"/> 5K Health Walk	\$20.00	\$25.00
<input type="checkbox"/> Kids Fun Run	\$5.00	\$5.00

2008 USATF # \_\_\_\_\_

- USATF Members \$18.00 by 10/13.  
10K and 5K runs only
- If you are entering the 10K and 5K Runs, please check both boxes and add \$10.00.