

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 8/29/08)\$18.00
USATF Member Preregistration (by 8/28/08)\$16.00
Race Day Registration\$20.00

1 MILE FUN RUN & 1 MILE HEALTH WALK

PREREGISTRATION.....\$ 12.00
RACE DAY REGISTRATION.....\$ 12.00

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:

MALE	FEMALE
14 and under	14 and under
15-19	15-19
Every 5 years from 20 to 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.



VERONA



UNICO

26th Annual VERONA LABOR DAY CLASSIC



certified course

MONDAY, SEPTEMBER 1, 2008

1 MILE FUN RUN
1 MILE HEALTH WALK
5K RUN

Directed by VERONA UNICO
& THE ESSEX RUNNING CLUB



26th 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 1, 2008.
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

In consideration of your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any rights and claims for damages I may have against UNICO National, The Verona UNICO, the Essex Running Club, and their sponsors, their staff, officials, volunteers and any representative for all or any of the aforementioned, for any and all injuries suffered by me or personal property damage incurred in connection with said event. I certify that I am physically fit and have sufficiently trained for the completion of the race. I also give permission for the use of my name and or picture in any newspaper, broadcast, telecast or any other account of this event.

USATF-NJ number:

LAST NAME

FIRST NAME

- HEALTH WALK
 5K RUN
 FUN RUN
 Cannot attend, but here is my donation. \$ _____

ADDRESS

CITY

ZIP

AREA CODE/PHONE NUMBER

M

F

Date of Birth

Age on Race Day

(MEN'S SHIRT SIZE)

I WOULD LIKE TO BE A RACE VOLUNTEER

Signature Required _____

Signature of Parent/Guardian if under 18 years of age _____

Relationship _____

- I'm interested in learning more about Verona UNICO. Please send me information.
 I'm interested in joining the Essex Running Club. Please send me information.