

# Cranford Jaycees



## Firecracker 4 Miler

A Four Mile Race and One Mile Fun Run

“One of the Summer’s Best Road Races”

Additional Activities Bring the family!  
Face Painting • Popcorn • Balloons • DJ Music

### July 4, 2009

Fun Run: 9:00 am Four Miler: 9:30 am

#### RACE INFORMATION

The 29th Annual Firecracker Four Mile Run. Come out and join one of North Jersey’s finest running events. A fast, flat USATF Certified scenic course with mile splits and water stops. Tree lined streets and bike trail. After the race enjoy refreshments, music, popcorn, balloons, and face painting. Raffles will be held and prizes awarded during post race festivities. Bring the entire family to cheer you on!

Start/Finish at Nomahegan Park. Garden State Parkway Exit 137. Turn right onto Rt. 28. Go 3/4 mile, turn right onto Springfield Ave Go 1 mile, Park at Union County College on the left Walk across to park. Restrooms available.

Scoring by Compuscore, featuring Championship timing. All four-mile finishers will receive a postcard with overall and complete results.

Day-of Registration and T-Shirt pickup begins at 7:45 am  
Four Mile - \$17.00 (postmarked by June 29, 2008) includes T-Shirt (All 4 Milers preregistered by June 10th will be guaranteed a commemorative pint glass.)  
Fun Run - \$7.00 includes T-Shirt

#### Post Registration Fee:

Four Mile - \$20.00 includes T-Shirt while supply lasts. Fun Run - \$10.00 includes T-Shirt while supply lasts

#### PRIZE CATEGORIES

Age Groups (Male and Female): 13 & under, 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 + better!

Partners Category (choose only one)  
Husband-Wife, Parent-Daughter, Parent-Son, Couple (M-F)  
All Buddy Teams entries must be pre-registered.  
All runners may enter age group, one partner category.  
All Fun Run finishers 12 & under will receive ribbons.

#### REGISTER ONLINE

RaceForum.com/fire-4

Please direct race related questions to:

firecracker4\_2009@yahoo.com

#### FOUR MILE AWARDS

Dr. Frank W Krause Trophy to first male and female finishers.  
Dr. Arthur J. Bilenker Runners-up Award to second male and female finishers. Dr. John Williams Trophy to first male and female Cranford resident.

#### MERCHANDISE PRIZES

First two finishers in each group  
First place team in each Partner category

Make all checks payable to the CRANFORD JAYCEES  
Mail to: Firecracker 4  
P.O.Box 1585, Cranford, NJ 07016

#### NEW THIS YEAR!

All pre-registered may pick up their numbers and t-shirts during the last week of June (23rd-30th) at Westfield Running Company.

#### ENTRY FORM

(Please check one)  Four Miler  Fun Run

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Mailing Address \_\_\_\_\_  
Street (Include Apt. Number)

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

Note - Email address will ONLY be used for Road Race confirmation, RoadRace related news, and future Road Race applications.)

Sex \_\_\_\_\_ Age \_\_\_\_\_

Shirt (Child Size)  S  
(Adult Sizes)  S  M  L  XL

Partners Prize Categories: Pick only one.  
Both entries must be received together:

Husband-Wife  Parent-Son   
Couple (M-F)  Parent-Daughter

In consideration of the acceptance of this entry, I hereby waive all claims for damages or injury I may have against the Cranford Jaycees, the Town of Cranford, Sponsors, and any other persons connected with the race. I also certify that I am in physical condition to complete this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (if under 18)