

ROXBURY COMMUNITY BENEFIT 5K RUN

June 1, 2009 7pm

Proceeds will go to:

RHS Project Graduation, Roxbury Day
Care Center, Roxbury CARES,
Roxbury Rescue Squad and Fire
Department, Roxbury Explorers

Random Prize Drawing.

Must be present to win.
Great gifts from Sportcraft and
Runner's Haven.
Gift certificates from area merchants...
and much more!

Directions:

Park at the **Roxbury High School**
One Bryant Drive,
Succasunna, NJ 07876
See MorrisCountyStriders.com for link
to personalized directions from your
home or office.

Registration and Packet Pickup will be
held in the Eisenhower Middle School
Gymnasium located behind the
Roxbury High School.

Please do not arrive by way of
Eyland Avenue.



RCB 5K
PO Box 233
Ledgewood, NJ 07852



ROXBURY COMMUNITY BENEFIT 5K RUN

Sponsored by the Morris County Striders

June 1, 2009 7pm

Replacing the Merry Heart 5k Race
Same Night, Same Course!

DJ music!
Bagged lunch courtesy of
Sandwiches Unlimited Lunch Box,
Picnics Unlimited,
& Ledgewood and Wharton Farm,
Ice Cream by Cliff's Dairy Maid

Race Hotline: 973-584-6709
or madelinebost@verizon.net

www.morriscountystriders.com

ROXBURY COMMUNITY BENEFIT 5K RUN

June 1, 2009 7pm

Where and When

The Roxbury Community Benefit 5k takes place on Monday, June 1, 2009 at 7:00 pm. Packet Pickup & race day registration from 5-6:30 pm in the Eisenhower Middle School Gymnasium, located behind the Roxbury High School.

Awards

Top Male and Female Overall.

Additional Awards to...

Top five men and women in 20 to 34 division;

Top three in 35 to 39, and

All masters five-year age divisions.

Youth divisions:

10 & under, 11/12 13/14, 15/16, and 17 to 19.

Special Awards to the first Roxbury Township

Male and Female Residents.

Corporate & Club & Family TEAM COMPETITION:

Men, Women and Coed divisions. Unlimited team members (all pay); top three score. Teams must pre-register. Family entry fee covers parents and dependent children only.

No B teams.

Timing & Scoring

by CompuScore using ChampionChip Timing System

The Course

The USATF certified loop course is mostly flat and very fast and worth 500 points in the USATF-NJ New Balance North Jersey Grand Prix Competition. Same wonderful course as the old Merry Heart 5k!

NO dogs, strollers or headphones allowed on the course!



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Three choices of ENTRY PROCEDURES:

- Mail by May 28th to RCB 5K, PO Box 233, Ledgewood, NJ 07852
- Register at Runner's Haven at College Plaza Mall on Route 10 East, Randolph through Saturday, May 30
- Register on-line at www.raceforum.com/Roxbury/ until 11:59pm, May 31st

PRE-ENTRY:

Non USATF-NJ member	\$20
USATF-NJ member	\$18
Roxbury residents	\$18
Family-Parents & Dependent Children	\$45

**Post Entry is \$30 per Runner.
Pre-Enter to save \$\$ & Time!**

Entry Application

Make check payable to Roxbury Community Benefit 5K Run. Mail to RCB 5K, PO Box 233, Ledgewood, NJ 07852
Or see above for other registration choices

Name _____ Age/race day _____ Sex: M _____ F _____

Street Address _____ Phone _____

Town _____ State _____ Zip _____

Date of Birth _____ 2009 USATF-NJ# _____

Corporate, Family or Club Team Name _____ Category: Men _____ Women _____ Coed _____

Team Captain _____ Captain's Phone _____

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against the Race officials, the Morris County Striders, the town of Roxbury, Roxbury Board of Education, their staff, USATF-NJ, and any representatives for any and all injuries by me in this event.

(Signature or Parents signature if under 18)

Date