

# 34<sup>th</sup> Annual Newark Distance Classic 5K & 20K

## CITY OF NEWARK

Sunday March 29, 2009

DEPARTMENT OF NEIGHBORHOOD &  
RECREATIONAL SERVICES

DIVISION OF RECREATION/CULTURAL AFFAIRS



**20K and 5K are USATF-NJ Certified--Mile Markers Each Mile**

**LOCATION:**

Rutgers University Gymnasium  
University Avenue & 42 Warren St  
Newark, NJ 07102

9:00 AM: Mighty Miler 1 Mile Run (Free No Registration required)

9:30 AM: 5K & 20K Start

**Pre-Registration:** \$20.00 (Postmarked by March 20, 2009)

Current USATF-NJ members \$2.00 Discount

**Post-Registration:** \$25.00 for ALL

T-Shirts to all Pre-registered Runners and Post Registered Runners while they last

**20K Awards**

Top Overall M & F (Unrestricted)	Top Overall M&F USATF-NJ only**	Masters M & F* USATF-NJ only**
1 <sup>st</sup> Place: \$800	1 <sup>st</sup> Place: \$800	1 <sup>st</sup> Place: \$800
2 <sup>nd</sup> Place: \$500	2 <sup>nd</sup> Place: \$500	2 <sup>nd</sup> Place: \$500
3 <sup>rd</sup> Place: \$300	3 <sup>rd</sup> Place: \$300	3 <sup>rd</sup> Place: \$300

\*(Masters awards determined using WMA Tables)

\*\* (Must be current USATF-NJ Member)

**20K Age Division Awards**

19 & under; 20-29; 30-39; and all masters 5 year age divisions

**5K Awards**

Top 3 Male & Female Overall: Top 3 in the following Age Divisions: 14 & Under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80 & Over

Division of Recreation/Cultural Affairs  
94 William Street, 2<sup>nd</sup> Floor  
Newark, NJ 07102  
(973) 733 6454

City of Newark  
Cory A. Booker, Mayor

Municipal Council  
Mildred Crump, At Large President

Augusto Amador, East Ward  
Charles A. Bell, Central Ward  
Ronald Rice Jr. West Ward  
Anibal Ramos Jr., North Ward  
Carlos Gonzalez, At-Large  
Luis A Quintana, At-Large  
Donald Payne Jr., At-Large  
Oscar S James III, South Ward

Michelle Thomas, Acting Business Administrator  
Department of Administration  
Melvin Waldrop, Director  
Department of Neighborhood & Recreational Services  
Tharien Arnold, Assistant Director  
Department of Neighborhood & Recreational Services  
Zaid Braswell, Acting Manager  
Division of Recreation/Cultural Affairs  
Miriam A Santiago, Program Coordinator

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

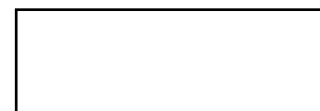
Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender: M or F

Age: \_\_\_\_\_ DOB: \_\_\_\_\_ 2009 USATF#: \_\_\_\_\_ Size: S M L XL

Email: \_\_\_\_\_

**Mail to:** Division of Recreation/Cultural Affairs; 94 William St. 2<sup>nd</sup> Flr Newark, NJ 07102



I the undersigned, intending to be legally bound for myself, heirs, executors and administrators, waive and release any and all rights and claims for damages and injury I may have against the City of Newark, NJ and the Division of Recreation/Cultural Affairs and their agents, servants, successors and all other persons or entities involved in promoting or staging of the Newark Distance Classic. I attest and verify that I am physically fit and have trained sufficiently for this event to be held on Sunday March 8, 2009 in Newark, NJ.

Signature: \_\_\_\_\_ Parents Signature if under 18: \_\_\_\_\_