



Saddle River Run 15K

Sunday, November 15th, 2009, 9:30am
Saddle River County Park, Ridgewood, NJ
The Wild Duck Pond

*Presented in partnership with
Bergen County Government and Department of Parks*

REGISTRATION OPTIONS

PRE-ENTRY

Registration available online at www.RaceForum.com/SaddleRiver
Make checks payable to RCB and mail with completed application to:
RCB, PO Box 233, Ledgewood, NJ 07852

RACE DAY REGISTRATION

7:45 to 9:15 a.m.

MAIL IN ENTRY FEES:

\$22 - On or before 11/7/09
\$20 - USATF-NJ Member - must provide USATF-NJ membership number below
\$25 - After 11/7/09



COURSE

A beautiful looped course on park paths. Flat with some rolling hills, mile markers & water stops. USATF Course Certification # NJ06510JHP.

AWARDS

New Balance North Jersey gift certificates to 1st, 2nd, 3rd Overall Male & Female Awards to 5 year age groups from 19 and under to 80+. No duplicate awards.

AMENITIES

Stainless steel water bottle while supplies last;
ChampionChip Scoring by CompuScore;
Results will be posted at www.compuscore.com

**No dogs,
strollers or
headphones
allowed on
the course.**

DIRECTIONS

From Garden State Parkway North or South, take exit 165 (Ridgewood Ave) or from Route 17, take the Ridgewood Ave exit. Proceed WEST on Ridgewood Ave toward Ridgewood. After crossing Paramus Road, follow signs to parking. Race staging and start area will be at the Wild Duck Pond area of Saddle River County Park.

INFORMATION

Send an email to:

SaddleRiverRun15K@hotmail.com or call: 973-584-6709

**Check or Money Order must accompany entry. No refunds or transfers for any reason.
Payable & mail entries to: RCB, PO Box 233, Ledgewood, NJ 07852**

First Name _____ Last Name _____ Male Female

Street Address (w/Apt. No.) _____ Phone No. _____

City, State, Zip Code _____ Email _____

USATF-NJ # _____ Date of Birth (MM/DD/YY) _____ Age on Race Day _____

In consideration of this entry being accepted, I hereby waive and release all rights and claims for damages I may have against, RCB Inc, USA Track & Field Inc., the New Jersey Association of USA Track & Field, Inc., New Balance North Jersey, Bergen County Parks & Recreation, their staff, administration, volunteers, officials and any representatives, for all injuries by me in this event. Further, I state that I am physically able to participate in this event and grant the right to use my likeness in any photographic record of this Saddle River Run 15k.

Signature (Parent or Guardian if under 18)

Date