

The Grand Finale 10 Mile

Sunday, December 13th, 2009

Mercer County Park, West Windsor, NJ

Race Start Time: 10am. An early start is available by prior approval and is available only to runners with an estimated finish time of 2 hours or greater (13:00 minutes/mile). Any other runners who utilize the early start without prior approval will be disqualified. Contact Pam at usatfnj@hotmail.com to request the early start. All requests must be in by Thursday, December 10th.

Fees: USATF-NJ Members: \$12 Pre-Entry Received by Monday, December 7th; \$16 after 12/7.

Non-USATF-NJ: \$16 Pre-Entry Received by Monday, December 7th; \$20 after 12/7.

This is a NO FRILLS race - T-Shirts not included!

Post Registration 8:30am to 9:45am in the Marina Building

Course: Three 5k loops on roads & paved trails. Flat, fast, scenic, wooded & lakeside.

NO HEADPHONES ALLOWED DURING THIS RACE!

USATF-NJ Masters Men's & Women's 10 Mile Championship Event

Awards to be presented on-site, in the Marina building

USATF-NJ Championship awards to

Top 3 USATF-NJ Masters (40+ in 5 year age groups) and

Top 3 USATF-NJ Masters Age Group Teams

USATF-NJ Medals to Top 3 Males and Females in 5 year age groups under 40 years old

USATF-NJ Medals to non-USATF-NJ masters competitors who place in the top 3 of their age group



**700 or 500 point
NBGP Wild Card Race**

Post Race Celebration!! At a nearby establishment. Pick up directions at the race..

Race Hotline: 973-334-8900 or www.usatfnj.org/ldr/Road_Race_Calendar.html

Directions to the race: From Interstate 195: Exit 65A Sloan Avenue. East on Sloan to end. Left on Old Trenton Road. Park entrance on left. **From South Via NJ 130/206:** Rt. 130N across I-95 to Robbinsville (intersection of 130 and 526). Left at light onto Rt. 526. At next light, right onto 526 continued. Left on Old Trenton Road (535). Park entrance on right. **From Rt. 1 North or South:** US 1 to Quaker Bridge Road. South on Quaker Bridge Rd. (Rt. 533). Go 2 miles. After 3rd traffic light, make left onto Hughes Drive. Park entrance on left. **From North Via NJ Turnpike:** Exit 8 Hightstown. Take 33 west. Turn onto 571 in Hightstown. Proceed 2.5 miles. Left on Rt. 535. Go approx. 5 miles to park entrance on right. **From South Via NJ Turnpike:** Exit 7A I-195 west to Exit 5B. Then follow directions above - From South via NJ 130/206. **From North on 287:** Take Easton Avenue exit, turn right at the 2nd light onto Cedar Grove Lane. Travel a couple miles to a three way intersection, turn left onto Amwell Road. Go about 1/2 mile and turn right onto South Middle Bush Road, (stone church on right corner, O'Connor's restaurant on left). Proceed about 5-6 miles. Cross Route 27 and continue to Route 1 (road name becomes Sand Hill Road after Rt 27). Take Rt 1 South & follow Route 1 directions above.

2010 USATF Memberships Can Be Purchased on Race Day until 9:30am

Check or Money Order must accompany entry. No refunds & no transfers for any reason!

Payable & Mail Entries To: USATF-NJ, P.O. Box 330, Boonton, NJ 07005

Last Name: _____ First Name: _____ Gender: _____

Address (w/Apt. No.): _____

Town/City: _____ State: _____ Zip: _____ Telephone: _____

USATF #: _____ NJ USATF Member? (Y/N): _____ Date of Birth: / / _____ Age on Race day: _____

*****USATF-NJ Member: You must circle your desired NBGP Point Level: 700 500 (default is 700 points)**

In consideration of accepting this entry I hereby waive and release all rights and claims for damages I may have against, USA Track & Field Inc., the New Jersey Association of USA Track & Field, Inc., New Balance North Jersey, Mercer County Parks & Recreation, their staff, administration, volunteers, officials and any representatives, for all injuries by me in said event. Furthermore, I state that I have trained for and I am physically capable of successfully completing this race.

Signature of

If under 18 - Signature of Parent (not coach)

Date