

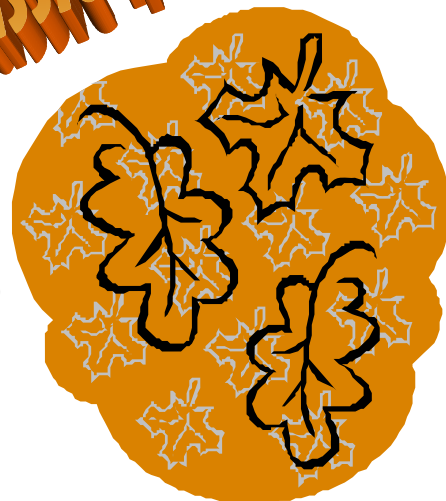
WHERE
Nomahegan Park
Cranford, NJ

Central Jersey Road Runners Club

WHEN
7:00 AM-8:15 AM Race Day
Registration/Package Pickup
8:30 AM 4 Mile Run

33rd Not Quite Fall Classic 4 Mile

**Sunday
August 29th, 2010
8:30 AM
Nomahegan Pk
Cranford, NJ**



HOW TO REGISTER
Online Registration links
and downloadable
application for mail in at
www.cjrrc.org.
Click on CJRRC Races

4 Mile AWARDS
Top overall male & female, top
masters, male & female. Age
group awards 3 deep in 5-year
increments from 9 & under to
80 & over. No duplicate awards.

AMENITIES:
Custom-designed tee shirt to all
registrations postmarked by
August 21, and to all others
while supplies last.

DIRECTIONS/INFORMATION
Visit www.cjrrc.org
Click on CJRRC Races



The Not Quite Fall Classic 4 Mile is the 3rd of 3 races in the CJRRC Triple Series.

2010 will mark the 3rd season for The Central Jersey Triple. Everyone (members & non-members of CJRRC) who runs and/or volunteers in all three of the following club races will receive a commemorative coffee thermos.

CJRRC's 2010 club races are:
Hangover Run 5k Jan. 1, 2010
June Moon 5k June 18, 2010
Not Quite Fall Classic 4M
Sunday August 29, 2010

Registration Fees

- 4 Mile by 8/21 \$22
- USATF by 8/21 \$20
- CJRRC by 8/21 \$18
- After 8/21 & on Day of Race \$25

Checks payable to: CJRRC
Mail to: P.O. Box 1863
Cranford, NJ 07016

Last Name		First Name		
Street Address		City	State	Zip
Date of Birth	Age on Race Day	Phone #		
2010 USATF #		CJRRC #	M or F	Gender

Adult T-Shirt Size

S M L XL XXL*

*Add \$2 for XXL

Email Address

For the safety of all participants and to satisfy insurance requirements, no headphones or other listening devices, skates, strollers, or animals are permitted. In consideration of being allowed to participate in this racing event, I personally assume all risks in connection with this race. I release the Central Jersey Road Runners Club, Cranford, the Union County Park System, County of Union, Union County College, Borough of Kenilworth, USATF, race organizers, directors, volunteers, sponsors and their representatives, officers, agents and employees and successors from any claim by me and my family, estate, heirs, or assigns, for injury or damage which may occur due to my participation in the race. I have signed this release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm here that I am physically fit and qualified to participate in this race and am at least 18 years of age (or have had this signed by my guardian, if I have not yet reached age 18).

Athlete's Signature _____ Date _____ Parent/Guardian Signature (if needed) _____