



**DIRECTIONS-From Route 80 West/East (Take Rockaway Mall Exit).** Go South on Mt. Hope Avenue for approximately 1 to 2 miles across Route 46 (McFarland St.). Look for a gas station on your left before Route 46. Go a few blocks and make a right on Blackwell Street. Registration is ¼ mile on your left down the street. **PARK IN PROSPECT STREET PARKING LOT!**

**From Route 287 North/South to Route 10 for approximately 5 to 6 miles.** Once you pass the Honda Dealer, make your first right on to South Salem Street. You will go past K-Mart and a Shell Station. At the third traffic light down the hill, make a left on to Blackwell Street. Go ¾ of a mile to the registration area.

**ORIGINAL COURSE-** The original course is back. The course is out and back with one early steep hill and then mostly flat and fast down Blackwell Street into and through Salem Village. Certified and Sanctioned by USA Track & Field SEE MAP

Pre-registration packet pick-up available from November 28th through December 2<sup>nd</sup> and in-person registration available anytime through December 2nd at:



**(973) 361-9100**

*Morris County's  
Specialty Running Store*

All packets must be picked up by 8:45AM of race day at race registration. Your entry fee entitles you to registration, refreshments, race packet, and eligibility for prizes donated by local merchants at the post race raffle.

**AWARD CATEGORIES-**Overall Best Time-1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place Male & Female

Dover Residents Best Time: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place Male & Female (supersedes Age Group)

Age Group (based on previous years' participation). No duplicate awards except teams. 3 deep unless noted.

MALE		FEMALE	
14 and Under	55-59	14 and Under	50-59 (5 deep)
15-19	60-64	15-19	60-69 (4 deep)
20-29	65-69	20-29	70-79 (2 deep)
30-39	70-74	30-39	80-85 (1 deep)
40-44	75-79 (2 deep)	40-49 (5 deep)	85+ (1 deep)
45-49	80-84 (1 deep)		
50-54	85+ (1 deep)		

**TEAM COMPETITION (any amount per team-only top 3 score)**

- Open Team Male and Female: 1<sup>st</sup> and 2<sup>nd</sup> place
- Masters Team Male: 1<sup>st</sup> and 2<sup>nd</sup> place
- Masters Team Female: 1<sup>st</sup> place
- Coed Open: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place (1 Female must score)

**TEAMS MUST BE PRE-ENTERED BY 11/27/11. YOU MAY RUN ON ONLY ONE TEAM. NO RACE DAY TEAM ENTRIES OR CHANGES! NO EXCEPTIONS!**

**DOVER  
RENAISSANCE  
5K RUN  
COURSE**


