

Roxbury High School Cheerleading Parent's Club

RUN N' ROCK 5K

Run/Walk

Saturday, October 15, 2011 - 9:00 AM

Roxbury High School, Bryant Drive, Succasunna, NJ

*** THIS IS A RAIN OR SHINE EVENT! ***

COURSE:

This is a certified 5K course and pending USA Track and Field (USATF) sanction. It's a Fast, Flat and Scenic Route (This is a newly certified 5K route has never been used).

Race starts at Roxbury High School, goes through scenic Horseshoe Lake Park and ends at the High School Track.

REGISTRATION:

Race Day Registration from 7:15 – 8:45 am at Roxbury High School.

Parking is available at the High School, Eisenhower Middle School, Bryant Drive and Righter Road. Please arrive early!

T-shirts guaranteed for registrations received by 10/1/2011. T-shirts available first come, first serve for registrations after 10/1/11.

ACTIVITIES:

Music at start and finish lines, water stops along the route and post race refreshments available.

Award ceremony and door prizes from area merchants immediately following race. Must be present to win!

SCORING/RESULTS:

Scoring and results provided by CompuScore.

AWARDS:

Prizes awarded to the top three overall Male and Female.

Awards given to top 3 male and female finishers in each age category:

Table with 2 columns: Age Group, Prizes. Rows: 14 years and younger, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60+ years.

ENTRY FEES:

Table with 2 columns: Registration Type, Fee. Rows: Pre-entrants (by October 8th), USATF-NJ member, Roxbury staff, student and alumni, Non-USATF-NJ member, All post-registrants (after October 8th), * Teams - Call for special pricing available for teams of 10 or more.

Proceeds to benefit the Roxbury High School Competition Cheerleading Team. Also, please also bring a canned good to be donated to a local food pantry.

EVENT INFO:

Contact: Lisa McDermott Email: lmcdermo@optonline.net
Phone: (973) 960-0343
Visit our website at http://www.freewebs.com/roxburycbeer

Online Registration Available!
Visit: http://www.compuscore.com
And be sure to click on the October link at the top of the page!
For all online registrations, fees and dates are the same but an additional service charge may apply

DIRECTIONS:

FROM WEST: Route 80 East to Exit 30 Howard Boulevard, right at light to Route 46. Make a left on to Route 46 East. Go to the first traffic light which is Hillside Avenue. Follow Hillside Avenue down and cross over Route 10. Make the first left on to Bryant Drive.
FROM EAST: Route 80 West to Exit 30 Howard Boulevard, left at light to Route 46. Make a left on to Route 46 East. Go to the first traffic light which is Hillside Avenue. Follow Hillside Avenue down and cross over Route 10. Make the first left on to Bryant Drive.

MAIL-IN APPLICATION - Please make checks payable to the Roxbury High School Cheerleading Parents Club and mail your completed application to: Run N' Rock 5K, c/o Lisa McDermott, 11 Barbara Drive, Succasunna, NJ 07876

Date of Birth: ___/___/___ Age on Race Day: ___ USATF-NJ #: ___ Sex: M / F

Name: _____ Email: _____

Address: _____ Phone: _____

Town: _____ State: _____ Zip: _____

Check if applicable: Roxbury student _____ Roxbury staff _____ Roxbury alumni _____ (year graduated) _____

I, the undersigned, understand that road-running is a potentially hazardous activity that may include but is not limited to falls, effects of heat and humidity, and conditions of the course. I also realize that vehicles may share the road, and may be permitted by law enforcement officials to cross the course. In consideration of accepting this entry, I hereby waive any and all rights and claims to damages I may have against Race Officials, the Township of Roxbury, the Roxbury High School Cheerleading Parents Club and cheerleading team, Roxbury Police and First Aid Squads, Co-sponsors, Race Volunteers, USATF, USATF-NJ, their staff, officials, and any representatives for any and all injuries by me in this event. I attest that I am in good physical condition for participation in this event.

Runner Signature or Parent Signature if Under 18 Years of Age S M L XL 2XL circle t-shirt size Date