

29th Annual VERONA LABOR DAY CLASSIC

MONDAY, SEPTEMBER 5, 2011
1 MILE FUN RUN / HEALTH WALK - 9:00AM
5K RUN - 9:30AM

DIRECTED BY VERONA UNICO
& ESSEX RUNNING CLUB

- REGISTRATION** Verona Park Boathouse 8:00 – 8:45am
- COURSE** Fast USATF certified 5K course through streets of Verona with start on Lakeside Ave. and scenic finish in Verona Park. Splits at each mile.
- DIRECTIONS** **From Garden State Parkway**, take Exit 148, west on Bloomfield Ave. through Bloomfield and Montclair. Go about one mile past intersection with Pompton Ave. Verona Park is on left.
From 280, take Exit 7, follow Pleasant Valley Way north to Verona Park.
From Route 23 (Pompton Ave), south to Bloomfield Ave. Turn right and go about one mile. Verona Park is on left.
- PARKING** **NO PARKING WITHIN VERONA PARK ON RACE DAY.** Parking available on Lakeside Ave. and in municipal lot across Bloomfield Ave.
- TIMING** Electronic timing by CompuScore using Chronotrack disposable D-tags attached to runners shoes. Results available on day of race at www.compuscore.com.
- PHOTOGRAPHS** Race day photographs will be available at www.sport-memories.com.
- REFRESHMENTS** Available at finish area.
- PACKET PICKUP** **Fleet Feet Sports**, 603 Bloomfield Ave, Montclair on Sat, Sept. 3 (Noon – 7pm) and Sun, Sept. 4 (Noon – 4pm), or in Verona Park on race day (8am – 9am).
- INFORMATION** Santi Condorelli - 973-239-7976
- WEB SITE** www.essexrunning.com

REGISTRATION

Register online at www.raceforum.com/verona.
No extra fees for online registration.
Online registration closes at midnight on Wed, Aug. 31.
Register in person at **Fleet Feet Sports**, 603 Bloomfield Ave, Montclair from Sat, Aug 6 thru Sun, Sept. 4.
www.fleetfeetmontclair.com

5K RUN

Pre-registration (postmarked by 08/29/11) \$20.00
USATF-NJ Members (postmarked by 08/29/11) \$18.00
Race Day Registration \$25.00

Tech shirts to first 500 entries received for the 5K.
Shirts on race day only while supplies last.

1 MILE FUN RUN / HEALTH WALK

Pre-registration (with youth size t-shirt) \$12.00
Pre-registration (no t-shirt) \$8.00
Race Day Registration (with youth size t-shirt) \$15.00
Race Day Registration (no t-shirt) \$10.00

Make all checks payable to: **Verona UNICO**.
Mail entries to: ERC, P.O. Box 183, Verona, NJ 07044.
Pre-registered entries must be postmarked by 08/29/11.
Race Day Registration in Verona Park 8:00 - 8:45am.

AWARDS – 5K RUN

Trophies presented to first overall male and female (who will receive the Vince Carnevale Memorial Trophy), first overall male and female Verona resident and top three male and female finishers in these age groups:

14 & under, 15 – 19, Every 5 years from 20 to 80+

Running shoes presented by Fleet Feet Sports to first overall male and female winner in 5K.
Fleet Feet gift certificates presented to all other award winners in 5K (\$25 for 1st, \$15 for 2nd, \$10 for 3rd).

AWARDS – 1 MILE FUN RUN

Ribbons to all finishers and trophies to top three male and female finishers in these age groups only:

10 & under, 11 – 14, 15 – 19

AWARDS CEREMONY

In Verona Park at bandstand after completion of 5K once results are verified. (Awards not picked up on race day must be picked up at Fleet Feet Sports, 603 Bloomfield Ave, Montclair by Sat, Oct. 15.)

OFFICIAL ENTRY FORM

- Event:** 5K Run
 1 Mile Fun Run / Health Walk (with shirt)
 1 Mile Fun Run / Health Walk (no shirt)

First Name: _____

Last Name: _____

Address: _____

City: _____

State: _____ **Zip Code:** _____

Phone: _____

Email: _____

Sex (M/F): _____ **Age on Race Day (09/05/11):** _____

Date of Birth: _____

USATF-NJ#: _____

Shirt Size: S M L XL

(Adult Size Tech Shirt for 5K / Youth Size T-shirt for 1 Mile)

WAIVER

In consideration of your accepting this entry for the 2011 Verona Labor Day Classic, I hereby, for myself, my heirs, executors and administrators, waive and release any rights and claims for damages I may have against UNICO National, the Verona UNICO, the Essex Running Club, and their sponsors, their staff, officials, volunteers and any representative for all or any of the aforementioned, for any and all injuries suffered by me or personal property damage incurred in connection with said event. I certify that I am physically fit and have sufficiently trained for the completion of the race. I also give permission for the use of my name and/or picture to be used in any in any newspaper, broadcast, telecast or any other account of this event.

Participant Signature or Parent/Guardian if under age 18

Date: _____

- I am interested in joining the Essex Running Club.
Please send me information.

Platinum Sponsors



603 Bloomfield Avenue
Montclair, NJ 07042
973-509-9707
www.fleetfeetmontclair.com



Essex Running Club
P.O. Box 183
Verona, NJ 07044



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