THANKS TO OUR SPONSORS

We welcome any and all additional donations benefitting the Doug Williams Memorial Scholarship Fund:

Via Mail:
Montclair State University Foundation
School of Business
1 Normal Way
Montclair, NJ 07043

Please make checks payable to MSU Foundation & mark in the memo box "In the name of the Doug Williams Scholarship"

Via Internet: https://montclairconnect.org/makeagift

* Important: You must name "Doug Williams" in the comments box & "School of Business" in the Designation box.

Questions: Anne Murray - MSU Foundation (973) 655-3129
Visit us on Facebook: The Doug Williams Memorial Scholarship & Run

DOUG WILLIAMS 5000 METER RUN
9:00 AM
Sunday, September 7th, 2014
New Venue!

Start/Finish:

Doug Williams Memorial Scholarship Fund

Tierney's Tavern
"Where friends meet"
Doug Williams
5000 METER
Run/Jog/Walk

The Doug Williams 5000 Meter Run is a USATF-NJ 500 Point Grand Prix race. Open to runners, joggers, & walkers.

COURSE
The 5K Course is a USATF-NJ route, which follows North Mountain Avenue through Anderson Park and back via Edgemont And Valley Roads in Montclair.

http://www.gmap-pedometer.com/?r=6372191

WHEN: Sunday, September 7th, 2014
START & FINISH: Tierney's Tavern
136 Valley Road, in Montclair, New Jersey.
TIME: 5000 Meter Run: 9:00 AM Sharp
RACE PACKET PICK-UP:
7:00 AM – 8:45 AM @ Tierney’s Tavern

QUESTIONS:
CONTACT: Dan Murphy 973 809-9311
OR EMAIL dan@dtmurphy.com (preferred)

AWARDS
The awards ceremony will begin promptly at 10:10 AM.
“Three Deep” commemorative awards in the following categories: First overall male & female: 12 & under; 13-15: 16-19; 20-29; 30-39; 40-44; 45-49; etc., through all master’s divisions

AMENITIES
Custom designed long sleeved natural cotton “George Inness” T-shirts to all participants in the 5K.
Post race party @ Tierney’s featuring Magic Hat Beer (Doug’s Favorite) and more!

REGISTRATION
Online: www.compuscore.com
In Person @ Fleet Feet Sports Montclair
Bloomfield Ave, Montclair, New Jersey
In Person On Race Day starting @ 7:00 AM @
Tierney’s Tavern

In Memoriam: Doug Williams 05/22/62 – 10/09/11

On October 9, 2011, Doug Williams, a longtime resident of Montclair and member of the Essex Running Club, was walking home on Upper Mountain Avenue after grabbing a bite at Tierney’s when he was suddenly and violently struck by a passing vehicle, which sped away. Tragically, Doug was found at the scene and pronounced dead shortly thereafter.

To date, the driver of that vehicle has never come forward, nor ever been found. In that moment, we were robbed of a man known by all for his gentle soul, trademark laugh, and caring nature. Each September to commemorate the anniversary of his death, Doug’s family, friends, and runners alike will gather to honor his memory and recognize his enduring spirit. Doug’s affinity for running and taking part in so many world-class marathons will be celebrated with a Memorial 5000 Meter Run through the streets of Montclair. Proceeds will benefit a scholarship in his name at Montclair State University, School of Business, where he graduated in 1985.

Please join us in this commemoration.

DIRECTIONS
From the Garden State Parkway take Exit 148 (Bloomfield Avenue). Travel West on Bloomfield Avenue approximately 2.3 miles to Valley Road and turn right. Tierney’s is less than one mile ahead.

TAKE THE TWO BREW CHALLENGE

Run both the Doug Williams 5K & the Oktoberfest 10K (on Saturday September 27, in Boonton Township) and get a “Two Brew Challenge” bottle opener medal! The Doug Williams 5k is sponsored by Magic Hat, so if you love beer and you love running, it will be a great way to complete your weekend! Medals for participants in the Two Brew Challenge can be picked up near the finish line of the Doug Williams 5000 Meter Run.

OFFICIAL ENTRY FORM

| Last Name: ________________________________ |
| First Name: _______________________________ |
| Address: __________________________________ |
| City:_________________ State:____ Zip:____ |
| Phone: ________________________________ |
| Email:__________________________ |
| Age: (As of 9/2/2014): ______ D/O/B ____________ |
| Sex(M/F)_________ T-Shirt Size: _____________ |
| FEES |
| CHECKS PAYABLE TO: ESSEX RUNNING CLUB |
| MAIL TO: P.O. Box 183, Verona, NJ 07044 |
| Post Marked By 9/2/2014 Circle One |
| USATF-NJ Members Only: 5K early registration fee: $25.00 |
| USATF-NJ NUMBER: ________________________________ |
| Non USATF-NJ member 5K early registration fee: $ 28.00 |
| 5K Everyone after 9/2/2014 & On Race Day: $30.00 |
| PLEASE CONSIDER A SMALL DONATION |
| TO THE DOUG WILLIAMS SCHOLARSHIP FUND: $ |

WAVIER

In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge the Township of Montclair, Tierney's Tavern, The Race Officials, the Essex Running Club, Dan Murphy, the Doug Williams family, race volunteers, and the sponsors for any claim arising or growing out of my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved, and I am physically fit and sufficiently trained to participate in this event. I am at least 18 years of age or have had this release signed by my parent/guardian if I have not yet reached the age of 18.

Date: ____/____/2014

Participant Signature or Guardian if under age 18