

USATF-NJ CROSS COUNTRY CHAMPIONSHIPS

<p style="text-align: center;">Sunday – September 12th 5K Championships <i>Open & Masters Women & Men</i> <i>Deer Path Park, Readington</i> <i>Co-sponsored by Hunterdon County Parks & Recreation</i></p> <p>Registration: 8:30am Race Times: Men & Women 5K <u>Together</u> @ 10am</p> <p>Pre-Entry received by Sept 7th After Sept 7 & Race Day: USATF-NJ: \$12 \$16 All Others: \$16 \$20</p>	<p style="text-align: center;">Sunday – October 10th 8K Championships <i>Open & Masters Women & Men</i> <i>Deer Path Park, Readington</i> <i>Co-sponsored by Hunterdon County Parks & Recreation</i></p> <p>Registration: 8:30am Race Times: Men & Women 8K <u>Together</u> @ 10am</p> <p style="text-align: center;">Free Post Race Cookout for all Competitors!!</p> <p>Pre-Entry received by Oct 5 After Oct 5 & Race Day USATF-NJ: \$12 \$16 All Others: \$16 \$20</p>
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No Extra Fee Online Registration Available for USATF Members at www.usatfnj.org/cross/XC_Calendar.html

These are no frills races - T-Shirts not included!
USATF memberships can be purchased until 9:30am at the race or online: www.usatfnj.org/member for \$30

USATF-NJ Championship Awards to USATF members and USATF-NJ member clubs

- Individual:** Top 8 Open (14–39 years) and Top 3 Masters in 40+ 5year age groups
Team: Top 3 Open and Masters Age Group teams in each division:
 Men: Open, 40's, 50's (declare up to 8; score 5); 60's, 70's+ (declare up to 5; score 3)
 Women: Open (declare up to 8; score 5); 40's, 50's, 60's, 70's+ (declare up to 5; score 3)



Directions

BOTH RACES At DEER PATH PARK: *From the Flemington circle:* (which is at Route 31 & Route 202) go North on Route 31 towards Clinton. After approx. 4 miles, turn Right onto W. Woodschurch Road. Park entrance will be on your right.
From Route 78 West: Merge onto 523 S at exit #24 toward Whitehouse. At Rt 22, go East for approx 1/4 mile, then turn Right to continue onto 523/Main St. Go just over 5 1/2 miles and then turn Right onto Woodschurch Rd. Turn Left onto W. Woodschurch Rd. The park entrance is on your left.



NO HEADPHONES ALLOWED DURING THESE RACES!

Floor of 300 Points!

Information: www.usatfnj.org; usatfnj@usatfnj.org, or 973-334-8900

Floor of 300 Points!

Check or Money Order MUST Accompany Entry
Mail Entries Payable To: USATF-NJ Cross Country, P.O. Box 330, Boonton, NJ 07005

Last Name: _____ First Name: _____ Gender: _____
 Address (w/Apt. No.): _____
 Town/City: _____ State: _____ Zip: _____
 2010 USATF-NJ# _____ Telephone: _____
 Date of Birth: ____/____/____ Age on Race day: _____

RACE(s) ENTERED:

____ September 12th – 5K
 ____ October 10th – 8K
 ____ Both

No refunds or transfers for any reason.

In consideration of accepting this entry I hereby waive and release all rights and claims for damages I may have against, USA Track & Field Inc., the New Jersey Association of USA Track & Field, Inc., New Balance North Jersey, Hunterdon County Park System, Hunterdon County Dept. of Recreation, their staff, administration, volunteers, officials and any representatives, for all injuries by me in said event. Furthermore, I state that I have trained for and I am physically capable of successfully completing this race.

 SIGNATURE (Parent or Guardian if Under 18)

 Date