

USATF-NJ 8k CROSS COUNTRY CHAMPIONSHIPS

Sunday – October 27th

8 km Championships

Open & Masters Women & Men

Deer Path Park, Readington

Co-sponsored by Hunterdon County Parks & Recreation

Registration: 8:30am

Race Time: 10:00am

Pre-Entry received by Oct 23rd	Race Day
USATF-NJ: \$13	\$17
All Others: \$16	\$20

Open Club Travel Grant

The winning men's and women's open teams at the USATF-NJ 8K Championship will earn a \$500 travel stipend for travel to the 2013

USATF National Club Cross Country Championships in Bend, Oregon on December 14, 2013

<http://www.usatf.org/Events---Calendar/National-Championships.aspx>

Bring out your best competitors for a chance to win \$500 toward your club trip to National Club Championships!

Competitors must be USATF-NJ members of a valid USATF-NJ Club and age 16+.

No Extra Fee Online Registration Available for USATF Members at www.usatfnj.org/cross/XC_Calendar.html

This is a no frills race - 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-NJ members and USATF-NJ member clubs

Individual: Top 8 Open (16–39 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 10; score 5); 60's, 70's, 80's+ (declare up to 6; score 3)

Women: Open (declare up to 10; score 5); 40's, 50's, 60's, 70's, 80's+ (declare up to 6; score 3)



Directions to DEER PATH PARK: 120 West Woodschurch Rd, Flemington, NJ 08822 *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 THIS RACE!

Floor of 300 Points!

Information: www.usatfnj.org; services@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 8 km, P.O. Box 330, Boonton, NJ 07005

Last Name: _____ First Name: _____ Gender: _____

Address (w/Apt. No.): _____

Town/City: _____ State: _____ Zip: _____

2013 USATF-NJ# _____ Telephone: _____

Date of Birth: ____/____/____ Age on Race day: _____

**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)