

# The Grand Finale 10 Mile

Sunday, December 12th, 2010

Mercer County Park, West Windsor, NJ

**Race Start Time:** 10am. An early start is available by prior approval and is available only to runners with an estimated finish time of 2 hours or greater (12:00+ minutes/mile). Any other runners who utilize the early start without prior approval will be disqualified. Contact Pam at [usatfnj@hotmail.com](mailto:usatfnj@hotmail.com) to request the early start. All requests must be in by Thursday, December 9th.

**Fees: USATF-NJ Members:** \$12 Pre-Entry Received by Monday, December 6th; \$16 received after 12/6.

**Non-USATF-NJ:** \$16 Pre-Entry Received by Monday, December 6th; \$20 received after 12/6.

**This is a NO FRILLS race - T-Shirts not included!**

Post Registration 8:30am to 9:45am near the Marina Building / Pavilion

**Course:** Three loops on roads & paved trails. Flat, fast, scenic, wooded & lakeside.

**NO HEADPHONES ALLOWED DURING THIS RACE!**

**USATF-NJ Open & Masters Men's & Women's 10 Mile Championship Event**

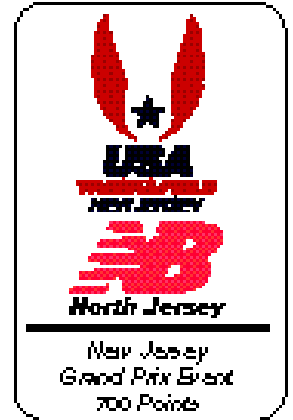
**Awards to be presented on-site, near the Marina building / pavilion**

USATF-NJ Championship awards to

Top 3 USATF-NJ Open (14-39); Top 3 USATF-N Masters (40+ in 5 year age groups) and

Top 3 USATF-NJ Open & Masters Age Group Teams

Additional Awards to non-USATF-NJ competitors who place in the top 3 of the above age group



**Post Race Celebration!! At a nearby establishment. Pick up directions at the race..**

**Race Hotline:** 973-334-8900 or [www.usatfnj.org/ldr/Road\\_Race\\_Calendar.html](http://www.usatfnj.org/ldr/Road_Race_Calendar.html)

700 or 500 point  
NBGP Wild Card Race

**Directions to the race: From Interstate 195:** Exit 65A Sloan Avenue. East on Sloan to end. Left on Old Trenton Road. Park entrance on left. **From South Via NJ 130/206:** Rt. 130N across I-95 to Robbinsville (intersection of 130 and 526). Left at light onto Rt. 526. At next light, right onto 526 continued. Left on Old Trenton Road (535). Park entrance on right. **From Rt. 1 North or South:** US 1 to Quaker Bridge Road. South on Quaker Bridge Rd. (Rt. 533). Go 2 miles. After 3rd traffic light, make left onto Hughes Drive. Park entrance on left. **From North Via NJ Turnpike:** Exit 8 Hightstown. Take 33 west. Turn onto 571 in Hightstown. Proceed 2.5 miles. Left on Rt. 535. Go approx. 5 miles to park entrance on right. **From South Via NJ Turnpike:** Exit 7A I-195 west to Exit 5B. Then follow directions above - From South via NJ 130/206. **From North on 287:** Take Easton Avenue exit, turn right at the 2nd light onto Cedar Grove Lane. Travel a couple miles to a three way intersection, turn left onto Amwell Road. Go about 1/2 mile and turn right onto South Middle Bush Road, (stone church on right corner, O'Conor's restaurant on left). Proceed about 5-6 miles. Cross Route 27 and continue to Route 1 (road name becomes Sand Hill Road after Rt 27). Take Rt 1 South & follow Route 1 directions above.

## 2011 USATF Memberships Can Be Purchased on Race Day until 9:30am

Check or Money Order must Accompany Entry. No refunds & no transfers for any reason!

Payable & Mail Entries To: USATF-NJ, P.O. Box 330, Boonton, NJ 07005

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Address (w/Apt. No.): \_\_\_\_\_

Town/City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Telephone: \_\_\_\_\_

USATF #: \_\_\_\_\_ NJ USATF Member? (Y/N): \_\_\_\_\_ Date of Birth: / / \_\_\_\_\_ Age on Race day: \_\_\_\_\_

**\*\*\*USATF-NJ Member: You must circle your desired NBGP Point Level: 700 500 (default is 700 points)**

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, Mercer County Parks & 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 of

\_\_\_\_\_  
If under 18 - Signature of Parent (not coach)

\_\_\_\_\_  
Date