

New Parent/Child Team Divisions! New Team Scoring!

Giralda Farms Run

10K, 5K & Fun Runs | 10K Certified Course #NJ97044DB

November 11, 2007 - 23rd Annual

9:30 Registration Begins
 11:15 3/4 mile Fun Run Begins
 12:00 5K & 10K Races Begin – arrive by 11:15

Where Giralda Farms, Madison, NJ (see other side for directions) ↗

Special This Year Four Parent & Child WAVA age equalized prizes in 5K
 Pick one below: Father & Son/Father & Daughter/Mother & Son/Mother & Daughter
 Parent & Child entries must be received together, no age restrictions


New Team Scoring Open 10k, Open 5K and Corporate 5K teams WAVA age and gender equalized
 Prizes to top 3 three-person teams in each category
 (runners can be on only one team) See concentric website for team roster form

Individual Awards 10K Open male and female: 1st \$300, 2nd \$150, 3rd \$75, 4th \$50, 5th \$25
 10K Masters WAVA age graded male and female: 1st \$300, 2nd \$150, 3rd \$75, 4th \$50, 5th \$25
 10K & 5K age group awards to the 1st, 2nd and 3rd male and female < 15, 15-19,
 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
 65-69, and to the first male and female 70-74, 75-79, 80-84...
 (no duplicate individual awards)

T-Shirts Long sleeve T's to all 10K and 5K Pre-Registrants & to Post-Registrants
 while supplies last

Individual Online Registration www.active.com

 **Individual Mail Registration** Mail this form with a check payable to:

 **Giralda Farms Run**, 58 Old Short Hills Road, Short Hills, NJ 07078

10K \$15 Postmarked by 11/3 | \$13 for USATF only until 11/3 | \$20 after 11/3 and at Post Registration

5K \$15 Postmarked by 11/3 | \$20 after 11/3 and at Post Registration

Fun Run \$3

Chip Scoring Be at registration area at least 30 minutes before race to pick up your race number and scoring chip

Team Registration See concentric website for team roster form and details

See www.concentric.net/~rc02 or www.active.com
 or call 973.376.5644 for more info

No dogs, rollerblades, baby joggers, etc. please



A Special Thank You to our Sponsors: **GRC Management Corp, Maersk Inc.,
 RexCorp Realty, Wyeth and Open Spaces Mgmt Association**

For Parent/Child teams pick one: Father & Son Father & Daughter Mother & Son Mother & Daughter

LAST NAME: _____ FIRST: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 FUN RUN: 5K: 10K: SEX: M F HOME PHONE: _____
 AGE RACE DAY: _____ BIRTH DATE: _____ USATF#: _____
 E-MAIL: _____

IN CONSIDERATION OF THIS BEING ACCEPTED, I, THE UNDERSIGNED INTENDED TO BE LEGALLY BOUND, HEREBY FOR MYSELF, BY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS I MAY HAVE AGAINST ROSE CITY RUNNERS CLUB, GRC MANAGEMENT CORP, REXCORP REALTY, OPEN SPACES MGMT ASSOC., MAERSK INC., WYETH, OR THEIR REPRESENTATIVES, SUCCESSORS OR ASSIGNEES FOR ANY INJURIES THAT MAY BE SUFFERED BY ME IN THIS EVENT. I HEREBY CERTIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT.

SIGNATURE: _____ PARENT/GUARDIAN (UNDER 18) _____

DIRECTIONS: GIRALDA FARMS IS LOCATED ON NJ 124, APPROXIMATELY 1 MILE WEST OF DOWNTOWN MADISON AND IS 2.5 MILES EAST OF I-287. ARRIVE BY 11:15 A.M. GARAGE PARKING.

FROM THE EAST: TAKE I-78 TO EXIT 48, NJ 24 & 124 WEST (SPRINGFIELD/MORRISTOWN). TAKE 24 WEST FOR 3.5 MILES AND TAKE EXIT 7B-A "124 WEST CHATHAM" AND BEAR RIGHT ONTO MAIN STREET. CONTINUE ON MAIN ST. THROUGH CHATHAM AND INTO MADISON (APPROX. 3 MILES). WHEN THE ROAD FORKS, BEAR LEFT ONTO MADISON AVE, GOING UNDER THE RAILROAD TRACKS. CONTINUE ON MADISON AVE FOR 1 MILE UNTIL YOU REACH THE LIGHT AT DODGE DRIVE. STAY IN THE RIGHT HAND LANE, GIRALDA FARMS WILL BE ON THE LEFT, BUT YOU MUST ENTER VIA JUG HANDLE TURN.

FROM THE WEST: TAKE US 46, OR NJ 10 EAST TO I-287 SOUTH, THEN FOLLOW "FROM THE NORTH" OR TAKE I-78 EAST TO I-287 NORTH AND FOLLOW "FROM I-287".

FROM THE SOUTH: TAKE I-287 NORTH TO EXIT 35 (NJ 124, SOUTH ST. MADISON AVE). MAKE A LEFT AT THE LIGHT AT THE END OF THE RAMP AND FOLLOW SIGN TO 124 EAST. TURN RIGHT AT STOP SIGN ONTO 124 EAST (MADISON AVE). FOLLOW "FROM I-287".

FROM THE NORTH: TAKE I-287 SOUTH TO EXIT 35 (NJ 124/MADISON AVE). TURN LEFT AT THE LIGHT AT THE END OF THE RAMP ONTO NJ 124 - MADISON AVE. CROSS OVER I-287 AND PROCEED AS "FROM I-287" BELOW.

FROM I-287: CONTINUE ON 124 EAST (MADISON AVE) THROUGH LIGHT AT MORRISTOWN HOSPITAL. CONTINUE FOR 2.4 MILES THROUGH FOUR ADDITIONAL LIGHTS. AT THE FIFTH LIGHT TURN RIGHT INTO GIRALDA FARMS.



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