

**NEW for the
2007 10K Event:**
Chip Timing, Finishers' Medals,
5-year age categories



RUN THE **BRIDGE.org**

COOPER-AMERIHEALTH BRIDGE CHALLENGE

10K RUN AND 2 MILE BEN FRANKLIN BRIDGE WALK
SUNDAY, NOVEMBER 4, 2007

TO BENEFIT
Larc School
SERVING CHILDREN WITH
DISABILITIES SINCE 1968

Come visit us at our 2nd Location

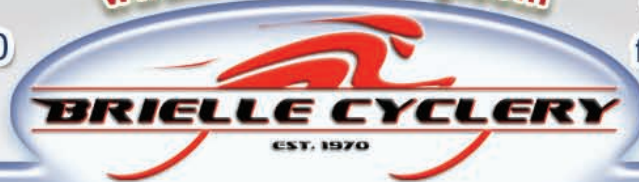
Brielle Cyclery on the Boardwalk in Asbury Park

**800 Ocean Ave (on the Boardwalk), Asbury Park, NJ
732-502-0077**

205 Union Ave.
Brielle, NJ 08730

www.briellecyclery.com

tel. 732-528-9121
fax. 732-528-3356



**The area's leader in road and triathlon equipment
is now bigger and better than ever.**

TREK

KUOTA
WE FEAR KOMMOTTA TECHNOLOGY

ORBEA

**QUINTANA
ROO**
TRUE TO THE TRI

serotta



cervelo

cannondale

Kestrel

Litespeed
WORLD LEADER IN CYCLING TECHNOLOGY

COLNAGO

**Cervelo is now at Brielle Cyclery
Triathlon Wetsuits in Stock!
Quintana Roo, Blue Seventy & Zoot**

V02 Max & Lactate Threshold Test

Visit us at www.briellecyclery.com for more information regarding personal bike fittings, The Performance Center, group rides and much more!



Bike Fitting Services

Brielle Cyclery is now one of the proud sponsors of the Jersey Shore Triathlon Club!

For more information or to make an appointment, call 732.528.9121

Carnegie Center 5K

And 1 Mile Fun Run
For The Parkinson Alliance

RACE HOTLINE
609-720-8746

Saturday, Sept. 29, 2007

Fun Run 9:00 AM Start

5K 9:30 AM Start

Registration 7:30-9:15 AM

101 Carnegie Center, West Windsor, NJ
(Route 1 North, adjacent to Hyatt Hotel,
Between Meadow Road & Alexander Road)

• Fast, Flat Course (USATF Certified)	• Post Race Food, Refreshments, Door Prizes & Music!
• Quality Long Sleeve T-Shirts to all Participants	• Timed Mile Markers & Water Stops
• Awards to Top 3 Male/ Female Finishers Plus Top 3 in Each 5 Year Age Group	• Runners, Walkers, Families & Teams (of 4+ Runners) Welcome
• Baldasari & Leestma Timers	• USATF Grand Prix Event (500 Points)



100% of the Net Proceeds from this Event Go Directly to Parkinson's Research
The Princeton, NJ-based Parkinson Alliance is a national non-profit organization dedicated to raising funds to help finance the most promising research to find the cause and cure for Parkinson's disease. To learn more about The Parkinson Alliance or to make a 100% tax deductible contribution, visit their website at www.parkinsonalliance.org.

Register Online – www.RaceForum.com/carnegie OR www.parkinsonalliance.org

----- DETACH & RETURN BOTTOM PORTION -----

Name :		
Address :		
City :		
State :		
Zip Code :		
Telephone:		
E-Mail :		
REGISTRATION FEES	Pre-Registration (No Later Than 9/25/07)	Race Day
5K Road Race	\$20	\$25
1 Mile Fun Run	\$10	\$12
USATF Members	\$18	\$23

Age on Race Day _____ Date of Birth _____

Male Female

Adult T-Shirt Size: S M L XL XXL

Team Name (If Applicable) _____

Corporate Team Open Team

Teams Must Consist of 4 or More Runners. Please Submit All Registration Forms At Same Time

USATF Member # (If Applicable) _____

Please Make Your Check Payable To:
The Parkinson Alliance And Mail To:
P.O. Box 308, Kingston, NJ 08528



WAIVER AND RELEASE (Must Be Signed to Participate)

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am voluntary participant in this event and in good physical condition. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event and I hereby release and hold harmless The Parkinson Alliance, Boston Properties, Carnegie Center Associates, West Windsor Township, USATF, the local USATF association, corporate sponsors, and all other persons or entities associated with this event (including their employees or affiliates) from any claims I may have arising out of participation in this event, including personal injury or damage suffered by me or damage suffered by me or others, whether same be caused by negligence of any of the said parties' agents or employees, or otherwise. If I do not follow all of the rules of this event, I understand that I may be removed from the competition. I give my full permission to any of the said parties to use any photographs, videotapes, or other recordings of me that are made during the course of this event.

Participant Signature (Parent or Guardian if Participant is Under the Age of 18) _____

Date _____

500 points

The Jersey Shore Half Marathon has a history that places it as one of the oldest distance events held in New Jersey and the surrounding

Shore Athletic Club of New Jersey
Host & Organizer For



area. The first Jersey Shore Marathon was held January 9, 1972.

The Race A fast and flat USATF certified course • Split times every mile, clocks every two miles • Aid stations every two miles • Individual results will be mailed to each finisher • All entrants will receive a distinctive long sleeve T-shirt, post race party • A great way to prepare for your fall marathon

REGISTRATION To enter, fill out this application completely, sign it, return with your entry fee and a **self-addressed stamped business size envelope large (#10)**. You will receive your race number and information packet in mid September. **Applications received after September 26th will be held for pick up on race day.**

Entry Fee Early registration can be made by mail and be postmarked before August 31st, 2007. The early registration fee is \$20.00. Pre-registration (\$25.00) can also be made by mail. All pre-registration entries must be post marked on or before September 24, 2007. Post registration (\$30.00) will begin September 26, 2007 will be available on race day beginning at 7:00 A.M. Post registration will take place at McLoones Riverside Restaurant on Ocean Avenue, Sea Bright, and 2 miles south of Sandy Hook.

(DO NOT CALL RESTAURANT FOR RACE INFORMATION SEE BELOW)

Awards 1st, 2nd, and 3rd male & female runners • 1st, 2nd and 3rd male and female runner in each age category: 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64. First overall male and female in the 16-19, 65-69, 70-79 age groups. • Race walker Awards to the 1st, 2nd, and 3rd male and female. • Awards to the first male and female Wheel Chair competitors.

Refreshments Refreshments will be available in Sandy Hook Park for all participants after the finish. Please be considerate of the other runners and remember that refreshments are for all.

First Aid The medical tent will be located at the finish line at the end of the chutes. In addition, radio operators and local first aid squad will monitor the course.

Strollers We love kids but!!! We must prohibit *strollers* in the Half Marathon. We know that you are careful parents, but our insurance company will not cover this situation. ***We ask for your cooperation!!***

Awards Ceremony The awards ceremony for the Half Marathon will be held in Sandy Hook Park at 12:30 p.m.

Directions **From South**, take the Garden State Parkway to exit 105 and follow Route 36 East to the Ocean. Make a left turn on Ocean Avenue to Gateway National Park, Sandy Hook. • **From North**, take the Garden State Parkway to exit 117 to Route 36 follow signs to Sandy Hook.

Volunteers The race could not take place without the dedication of hundreds of volunteers. If you are interested in becoming a volunteer, please call (732) 431-1039

Race Information For race information or race applications e-mail jshm2007@msn.com or 732-409-3948

Application may be downloaded from our web site www.shoreac.org

Time Limit on the Course of 3 Hours POST REGISTRATION CLOSING AT 8:30 A.M. SHARP!!

The Jersey Shore Half Marathon One entry per application May be reproduced

Early Registration postmarked before August 31st, 2007 - \$20.00

Pre-Registration postmarked before September 24th, 2007 - \$25.00 Post Registration after September 26th, 2007 - \$30.00

Make checks payable to: The Jersey Shore Half Marathon and mail to:

31 Breakwater Square, Freehold, New Jersey 07728

FIRST NAME _____ LAST NAME _____

STREET _____

CITY _____ STATE _____ ZIP CODE _____ BIRTHDATE _____

MONTH DAY YEAR

AGE / Race Day _____ MALE _____ FEMALE _____

HOME PHONE(_____) E-Mail Address: _____

Please Print SHIRT SIZE (circle one) M L XL (circle one) RUN WHEELCHAIR PARTICIPANT RACEWALK DIVISION

Liability and publicity release I know that running and volunteering to work club races are potentially hazardous activities. I should not enter and run in this event unless I am medically able and properly trained. I agree to abide by any decision of the race official related to my ability to safely complete the run. I assume all risks associated with running and volunteering to work this race event including, but not limited to falls and contact with other participants, the effect of either, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application of myself or anyone entitled to act on my behalf, waive and release The Municipality of Sea Bright, Gateway National Park, Sand Hook, NJ, The Shore Athletic Club of New Jersey, The Shore Half Marathon, McLoone's Riverside Restaurant, The Road Runners Club of America, Gatorade any and all sponsors, volunteers, race officials, their representatives, successors from all claims or liability of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any innate purposes. By signing my name below, I certify that I have read all terms and conditions of this release and do intend to be legally bound thereby. I must complete the application legibly and completely for award eligibility.

Signature _____ Date _____

Parent signature if athlete is under 18

Make checks payable to: The Jersey Shore Half Marathon
and mail to: 31 Breakwater Square, Freehold, New Jersey 07728

Proud Sponsors of the 35th Running of the Jersey Shore Half Marathon The Charlie Rooney Family

**New Jersey Natural Gas With Cooperation from The Freehold Area Running Club and The Jersey Shore Running Club
Metro Race Forum Aug/Sept 2007 Page 52**

Allaire 5K Cross Country Run

Sunday, September 30, 2007

8:30 a.m. – Rain or Shine

Allaire State Park • Rt. 524, Wall, NJ



Custom T-Shirt to All Pre-Registered Entrants

(Post Entries as long as they last)



Historic
Allaire Village

Post Race Refreshments

Come run the scenic trails and walkways of Allaire State Park.

Awards

*Walkers
Welcome*

Runners - Male & Female in each category

1st, 2nd and 3rd Place overall

1st Place in each age group

(5 year age groups from 14 and under to 70 and over)



Walkers - 1st, 2nd and 3rd Place overall

Entry Fee: \$15.00 Early Bird entry - postmarked by 8/31/07

\$18.00 Pre-entry - postmarked by 9/17/07

\$20.00 postmarked after 9/17/07

Online Registration @ www.RaceForum.com/allaire

T-Shirt/Race Number Pick Up and Post Registration: Race Day 7:15-8:15 am at the Park

Results Posted: <http://www.jsrc.org>

Mail Entries & Make Checks Payable to:

S.C.A.C. • 2808 Colonial Drive, Wall, NJ 07719

For more information call (732) 449-4424 Ext. 185 or email: pdlacy@aol.com

Proceeds benefit: The Monmouth-Ocean Parochial Cross Country League

& St. Catharine School Athletic Programs

Name: _____ Male _____ Female _____

Address: _____ Town: _____ State: _____ Zip: _____

Telephone: _____ Race Day Age: _____

Shirt Size: M _____ L _____ XL _____ Runner _____ Walker _____

I know that participating in this event is a potentially hazardous activity. My child should not enter and participate unless medically and properly trained. I assume all risks associated with participation including but not limited to falls, contact with other participants, the effects of the weather, including wet running surfaces and all such risks being known and appreciated by me and my child. Having read this waiver and knowing these facts and in consideration of you accepting my application I hereby, for myself and my child and anyone entitled to act on my behalf, waive and release any and all sponsors including but not limited to St. Catharine School, Allaire Village, Inc., State of N.J., State Park Service, and all individuals associated with this event and their representatives, successors and assignees for any and all injuries suffered by my child in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby authorize the organizers of this race to utilize any photograph or video tape of my participation in this event for any purpose. By signing my name below, I hereby certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Signature: _____ Date: _____

Parent Signature: _____ Date: _____

(if entrant is under age 18)

**Shore Athletic Club
Jersey Shore Half Marathon
Proudly presents the 4th Annual
Sandy Hook
Lighthouse 5K
Sunday, September 30, 2007**



**Gateway National
Recreation Area
Sandy Hook, NJ**
Start time: 9:05 am
(five minutes after the
half marathon start)

Registration To enter, fill out the application complete, sign it and return it with your entry and a self-addressed stamped business envelope #10 large. You will receive your race number and information packet in mid September. Applications received after September 24th will be held for pickup on race day.

Entry Fee Pre-registration can be made by mail. The pre-registration fee is \$15.00. Post-registration \$ 20.00 will be available on race day beginning at 7:00 am. Post-registration will take place at McLoone's Riverside Restaurant on Ocean Avenue, 2 mile south of Sandy Hook. (DO NOT CALL RESTAURANT FOR RACE INFORMATION SEE BELOW) **Please note No Registration will take place at the Park Post Registration Closes at 8:30 A.M. SHARP.**

Awards Awards will be given to 1st, 2nd and 3rd male and female runners. First in each age group male and female 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69 and 70+.

Amenities You will enjoy the same quality refreshments, shirt and raffle chances as the Half Marathon participants. Please be considerate of those finishing after you and half marathon finishers. The refreshments are for all participants and volunteers.

Directions From the South, take the Garden State Parkway to exit 105 and follow Route 35 East to the Ocean, Make a left turn on Ocean Avenue to Gateway National Park, Sandy Hook. From the North, take the Garden State Parkway to exit 117 to Route 36, follow signs to Sandy Hook. Parking lot "F" at the Park. For Information Call: 732-409-3948, e-mail jshm2007@msn.com or download application from shoreac.org

You must include a stamped self-addressed #10 (legal) large envelope with each entry.

Sandy Hook Lighthouse 5K One entry per application may be reproduced

Pre-Registration postmarked before September 26th, 2007 - \$15.00 Post Registration after September 26th - \$20.00
Make checks payable to: The Jersey Shore Half Marathon and mail to:
31 Breakwater Square , Freehold, New Jersey 07728

FIRST NAME _____ LAST NAME _____
STREET _____
CITY _____ STATE _____ ZIP CODE _____ BIRTHDATE _____
AGE / Race Day _____ MALE _____ FEMALE _____ MONTH DAY YEAR _____
HOME PHONE(_____) E-Mail Address: _____

Please Print SHIRT SIZE (circle one) M L XL (circle one) RUN WHEELCHAIR PARTICIPANT RACEWALK DIVISION
Liability and publicity release I know that running and volunteering to work club races are potentially hazardous activities. I should not enter and run in this event unless I am medically able and properly trained. I agree to abide by any decision of the race official related to my ability to safely complete the run. I assume all risks associated with running and volunteering to work this event including, but not limited to falls and contact with other participants, the effect of either, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known to me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application of myself or anyone entitled to act on my behalf, waive and release The Municipality of Sea Bright, Gateway National Park, Sandy Hook, NJ, the Shore Athletic Club of New Jersey, The Jersey Shore Half Marathon, McLoone's Riverside Restaurant, the Road Runners Club of America, any and all sponsors, volunteers, race officials, their representatives, successors from all claims or liability of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any innate purposes. By signing my name below, I certify that I have read all terms and conditions of this release and do intend to be legally bound thereby. I must complete the application legibly and completely for award eligibility.

Signature _____ Date _____
Parent signature if athlete is under 18 _____

In case of emergency, Please notify: Name _____ Phone _____
With Cooperation from: Freehold Area Running Club The Jersey Shore Running Club

Susan Novick RACE TO MAKE A DIFFERENCE

SUNDAY, SEPTEMBER 30, 2007

In December of 2005, we lost Susan Novick to pancreatic cancer. Our grief from this devastating loss has compelled us to host an event that brings people together. The Susan Novick Race To Make A Difference, a Run/Walk located in the community where Susan lived and volunteered, benefits PanCAN, a 501(c)(3) non-profit organization that raises awareness and funds for pancreatic cancer research. We invite you to join us on Sunday, September 30, 2007, to have fun and to contribute to a worthy cause.

www.susansrace.org

DATE:

Sunday, September 30, 2007

EVENT:

7:15 - 8:15am - On-site Registration & Race Packet Pick-Up
8:30am - 5K Run/Walk
8:45am - 1 Mile Fun Walk

ENTRY FEE:

- \$20 Registration Fee if received by Sept. 10, 2007
- \$25 Registration Fee for the day on or after Sept. 10, 2007
- \$12 Registration Fee for children 12 and under & students
- \$30 Virtual Walker/Runner by Sept. 10, 2007 (includes T-Shirt shipping)
- \$2 discount for NJRRC members

REGISTRATION:

Fill out and mail in your form no later than September 10, 2007, or register the day of the race. Registration is also available online at www.susansrace.org

FAMILY FUN:

Rock Climbing Wall
Face Painting!
Refreshments!

PANCREATIC CANCER SURVIVORS:

Please join us with your family at the Survivors tent for breakfast at 7:45 am.

RACE PACKET PICK-UP:

Pick up your race packet between 8am - 12 noon Saturday, September 29, 2007, at ShopRite on 3600 Landis Avenue in Vineland, NJ or 7:15 - 8:15 am the day of the race at Vineland High School Track.

AWARDS:

Medals will be given to the top three male and top three female finishers in the following categories: 12-18 years old, 19-35 years old, 36-49 years old, 50-59 years old and 60 & over. Also 1st & 2nd medals will be given to NJRRC members.

PARKING:

Parking is available at Vineland High School.

COURSE MAPS:

A map of the 5k Run/Walk is available online at www.susansrace.org. The 1 Mile Fun Walk will be held around the track.

CAN'T MAKE THE RACE?

Be a virtual participant! Walk/Run in your city on September 30, 2007. Register by September 10, 2007, and a T-Shirt will be sent to you. Virtual Walker/Runner Registration Fee: \$30 (including shipping)

FOR MORE INFORMATION:

Call Amie Novick-Lidke at (856) 691-1265 or email anovick1@comcast.net or visit www.susansrace.org

PanCAN

All proceeds from the Susan Novick Race to make a difference will go to benefit the Pancreatic Cancer Action Network, Inc., a 501(c)(3) non-profit organization that works to focus national attention on the need to find a cure for pancreatic cancer. PanCAN provides public and professional education embracing the urgent need for more research, effective treatments, prevention programs, and early detection methods.



5K WALK/RUN AND 1 MILE FUN WALK

Sunday, September 30, 2007

8:30 am

Vineland High School Track

Chestnut Avenue
Vineland, NJ

856.691.1265

www.susansrace.org

PLEDGE FORM

As a registered participant, you can help raise additional funds by seeking pledge money, though this is not a requirement to participate. Funds will be used by PanCAN for research, treatments, prevention programs, and early detection programs.

Name _____

Address _____

City _____

State/Zip _____

Phone _____

CONTRIBUTOR'S NAME	AMOUNT
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

TOTAL COLLECTED \$ _____

Please reproduce this form as needed. We strongly urge you to turn in funds raised prior to race day. Make checks payable to PanCAN. Please mail collected donations to:

Amie Novick-Lidke, Event Coordinator
301 S. Main Road, Suite B5
PMB 137
Vineland, New Jersey 08360

ENTRY FORM

Mail to: Amie Novick-Lidke, Event Coordinator
301 S. Main Road, Suite B5 • PMB 137 • Vineland, New Jersey 08360

ENTRY FEE: (PLEASE CHECK ONE)

- \$20.00 Registration Fee if received by September. 10, 2007
- \$25.00 Registration Fee for the day of or after September. 10, 2007
- \$12.00 Registration Fee for children 12 and under & students
- \$30.00 Virtual Walker/Runner by September. 10, 2007 (includes T-Shirt shipping)
- \$2.00 Discount for NJRRC members.
- Donation to PanCAN \$ _____

Make checks payable to PanCAN. Sorry, no refunds. Rain or Shine.

Please complete entire form and sign release. One person per entry. Please copy for additional entries. All pre-registered runners and walkers guaranteed a t-shirt. Quantities will be limited after Sept. 10, 2007. Pledge forms are also available. Please note it is not necessary to collect pledges in order to participate.

- Raise \$75+ and receive a PanCAN water bottle.
- Raise \$200+ and receive a PanCAN duffel bag.
- Raise \$500+ and receive a PanCAN roller cooler.

First Name _____

Last Name _____ Age _____

Mailing Address _____

City _____

State _____

Zip _____

Daytime Telephone _____

Email Address _____

Pancreatic Cancer Survivor

In consideration of your accepting my registration for the Pancreatic Cancer Action Network (PanCAN) Susan Novick Race To Make A Difference, I, intending to be legally bound for myself, my heirs, executors and administrators, do hereby release and discharge any and all organizers and sponsors from any and all liability from illness, injury and damage I may suffer as a result of participation in the Susan Novick Race To Make A Difference. I also understand and agree that you may subsequently use for publicity and/or promotional purposes my name or pictures of me participating in the event without liability of obligation to me. I have read the entry form and all information contained within the event brochure provided and certify compliance by my signature. I also agree that my entry fees, once paid, are non-refundable. I have read and agree to the terms of the waiver on this form. No baby joggers, baby strollers, animals on leash, skateboards and skates. Joggers and strollers are permitted for the fun walk.

Signature _____

Date _____

- | |
|---|
| <input type="checkbox"/> 5K Run |
| <input type="checkbox"/> 5K Walk |
| <input type="checkbox"/> 1 Mile Fun Walk |
| <input type="checkbox"/> Female |
| <input type="checkbox"/> Male |
| <input type="checkbox"/> Medium T-Shirt |
| <input type="checkbox"/> Large T-Shirt |
| <input type="checkbox"/> X-Large T-Shirt |
| <input type="checkbox"/> XX-Large T-Shirt |

Proceeds to
benefit the
Pancreatic
Cancer
Action
Network

Sponsored by



9TH ANNUAL

2007  5K 

River Walk & Kids' Dashes



SATURDAY
OCTOBER 6, 2007

Start Time 9:00 am

PIER A, 1st and River Streets, Hoboken, New Jersey
(One block from PATH, NJ Transit and the Ferry)

All proceeds to benefit the new
Emergency Department for Hoboken UMC

Honorary Chair David Roberts, Mayor of Hoboken



Please call our Race Hotline at
(201) 418-2009

for more information or visit

www.HobokenUMC.com

for Online Registration

www.RaceForum.com/HobokenUMC





Jeff's Run

Sunday October 7th, 2007

10am Start - Mt. Loretto Hylan Blvd, Staten Island, NY

Jeff Giordano, a decorated firefighter, husband and father of three, was also an avid runner. Active in the community, this volunteer soccer coach could be seen daily running along Hylan Boulevard. Logging in over 50,000 miles running, Jeff was the Vice President of the New York Firefighter's' Burn Center Foundation and was instrumental in creating the Children's Playroom at the Cornell Burn Center. This playroom is invaluable in speeding the recovery and healing of children injured in fires and other catastrophic events.

September 11th stole many wonderful people from our lives. Jeff Giordano was one of them. This race is dedicated to his spirit and determination to help others. All proceeds will go to the Firefighter Jeff Giordano Children's Playroom at the Cornell Burn Center.

Free Kids Run - 11:15am

Sponsored by the New York Firefighter's Burn Center Foundation and Perfect Health
Your resource for Health Savings Accounts

www.PerfectNY.com

**All Proceeds to go to
The Firefighter Jeff Giordano
Children's Playroom at the
Cornell Burn Center**

--- REGISTRATION Fill out below or **Register Online at www.raceforum.com/jeff** ---

First Name _____ Last Name _____

Street _____ City _____

State _____ Zip _____ Telephone _____

Date of Birth _____ M or F (Circle one) email _____

Age as of October 7th _____ NYC Firefighter Y or N (Circle One) Fire Dept Co# _____

Clydesdale/Athena Weight: _____

Pre-entry Fee \$15.00 if postmarked by September 15th, \$20.00 after September 15 and race day

Return Entry to: Jeff's Run, PO Box 70025, Staten island, NY 10307

All Check's Payable to The New York Firefighters' Burn Center Foundation. (NYFFBCF)

In Consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrate, waive and release any and all rights and claims for damages I may have against Mt. Loretto, the Firefighter's Burn Foundation,, Tottenville Civic Association, Jeff's Run Committee and the City of New York and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace event, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all forgoing to use any photographs, videotapes, recording or any other record of the event for any legitimate purpose.

Signed _____ Date _____ Parent's Signature if Under 18 _____

DIRECTIONS:

From NJ: Take the Outerbridge Crossing to Exit 1 Page Ave (use toll plaza – not express ez pass). Turn right at light onto Page. Go to the 5th traffic signal. Turn left onto Hylan. Mt. Loretto is approximately 1/4 mile down on left hand side.

From NY: Verrazano Bridge to the SI Expressway to the West Shore Expressway to exit 1—Veteran's Rd. Turn right onto Veteran's Rd. Take next right and come back across the Expressway. At intersection, turn right onto Page. Go to 6th traffic signal, turn left onto Hylan Blvd. Mt. Loretto is approximately 1/4 mile down on left hand side.

Do you know somebody who'd like to run this event? Please feel free to copy this form and pass it on.



OFFICIAL ENTRY FORM

35th Anniversary L.B.I. COMMEMORATIVE 18-MILE RUN



SUNDAY, OCTOBER 7, 2007

Name Last First

Street

Town

State Zip

Phone

DOB Age on Race Date Sex: Male Female

RACE STARTS at 10:30AM

Club, Organization, School: _____ Chip #: _____ USATF-NJ #: _____
(if applicable)

Shirt Size (circle one): **S M L XL**

**ENTRY FEE: \$27 (per runner) if registered by 8/31/07;
\$32 (per runner) if registered by 9/30/07;
\$40 (per runner) if registered after 9/30/07**

**\$25 (per runner) for USATF-NJ
Member discount until 9/30/07
fees honored by postmark date**

MAKE CHECKS PAYABLE TO: ST. FRANCIS CENTER Online Registration www.RaceForum.com/LBI

Awards Division Eligibility [CIRCLE ONLY ONE CATEGORY] {Age as of race date}:

17 and under	18 – 24	25 – 29	30 – 34	35 – 39
40 – 44	45 – 49	50 – 54	55 – 59	60 – 64
64 – 69	70 – 74	75 and over		

ISLANDER WHEELCHAIR RELAY DIVISION

Definition of Islander: To qualify in this category, you must reside on Long Beach Island 12 months out of the year. You cannot be a weekend Islander. Voter Registration Card required for verification.

PLEASE READ, SIGN & DATE THE FOLLOWING:

In consideration of your accepting this entry, I hereby, for myself, (my son/daughter), heirs, executors and administrator, waive and release any and all right and claim for damage I may have against St. Francis Center, the USATF-NJ or the municipalities in which the race is conducted, their staff, officials, representatives, successors and assignees for any and all injuries suffered by me, (my son/daughter) in said event. I also give my permission for the free use of my (my son/daughter's) name and/or picture in any broadcast, telecast or other account of this event. I certify that the above information is true and correct, and that I have read and understand this application. This event will be scored by Compuscore, using the Champion Chip Timing System. All rental chips must be returned at the finish line. Failure to return the chip will result in a \$35 fee. I understand I am not permitted to run with a baby stroller or an animal (i.e., dog) and, if doing so, I will be disqualified.

PLEASE NOTE: Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs, and drug testing may be obtained by calling the USOC Hotline at (800) 233-0393.

Signature _____ Parent/Guardian's Signature _____ Date _____

**REGISTRATION CLOSES
PROMPTLY AT 9:30 A.M.
ON THE DAY OF THE RACE**
**FINISH LINE WILL CLOSE
PROMPTLY AT 2:15 P.M.**

This application can be duplicated.
USATF New Jersey



Mail Entry Form ASAP to:
St. Francis Community Center
4700 Long Beach Blvd.
Long Beach Twp., NJ 08008-3926
(609) 494-8861
Please send with this Entry Form a
Self-Addressed Stamped Envelope



SAYREVILLE'S HIT THE BRICKS 5th ANNUAL 5-MILER

RUN or WALK / RAIN or SHINE
Proceeds Will Benefit Brain Injured Children of Sayreville

OCTOBER 13, 2007
9:30 AM



A Morning of Food, Music & Fun

DIRECTIONS & PARKING

From Garden State Parkway Southbound: Take GSP-South to Exit just past the Raritan Toll (Exit 124). Make right at Off-Ramp Stop Sign onto Main Street. Follow Main St. for Approx. 3.2 Miles to Boro Hall.

From Garden State Parkway Northbound: Take GSP-North to Exit just past the Raritan Toll (Exit 125). Make left at Stop Sign (Chevalier Ave). Make another left onto Main Street Extension (Just before Church). Follow Main St. for Approx. 4.2 Miles to Boro Hall.

Parking: Parking at and around Boro Hall and Mickey Sedlak Recreation Center directly behind Boro Hall.

ENTRY FEES

\$20.00 for pre-registration by 10/6/07
\$18.00 for USATF members who pre-register
\$25.00 after 10/6/07 & Day of the Race

RACE DAY REGISTRATION

8:00 AM – 9:15 AM

COURSE

USATF certified course begins in front of borough hall and winds through rolling hills thru residential neighborhoods & flats along the Raritan River

PRIZES

500 Point Grand Prix Event
Youth, Open & Masters Men & Women
5 Year Age Groups
LS T-Shirt to All Pre-Registered Participants
Prize to First 200 Finishers

For Additional Information

Sayreville Department of Recreation
(732) 390-7092

<http://www.sayreville.com/recreation.htm>



Metro Race Forum
Online Registration
www.RaceForum.com/Bricks

Bring a non-perishable food item to donate to "Care and Share" Food Bank

Mail form and entry fee to:

Sayreville Recreation Dept.
Mickey Sedlak Rec. Center
Dolan Street
Sayreville, NJ 08872

USATF Membership #

Sponsored by:



**Consulting & Municipal
ENGINEERS**

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Phone: (_____) _____ -- _____

Donation Only _____ (Please check here & select shirt size Below)

T-Shirt Size: S M L XL

Gender: M F Age: _____ DOB: _____

E-Mail: _____

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, including high and low temperatures and/or other conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, myself, and anyone entitled to act on my behalf waive and release the Borough of Sayreville, Middlesex County, NJ, all liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver.

Signature: _____ Date: _____

Signature of Parent or Guardian if under 18 Years of Age: _____ Date: _____

**Online Registration Available at
www.RaceForum.com/Bricks**

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689 Valley Road, Suite 104, Gillette, NJ 07933

(908) 647-6464

Running Events continued from page 44

8/18/2007 Gilbertsville PA - If You Build It, They Will Run, 5k, 8:30am, 610-636-1953 chejoel@comcast.net

8/18/2007 Clinton CT - Liberty Bank Bluefish 5K, 5k, 9am, 860-669-3889 chamber@clintonct.com

8/18/2007 Dewey Beach DE - 5th Books & Coffee 10k/5k Run/Walk, 5k, 302-654-6400 info@races2run.com

8/18/2007 Bradley Beach NJ - Bradley Beach 5k Run, 5k, 8:30am, kids race 8/17 6:30pm, 732-774-3492 derheld@verizon.net

8/19/2007 Phoenicia NY - Catskil Mountain Road Relay, 100km (62 mile)5 or 10 person team, 845-386-9174 cmrr-georgehurter@sullivanstriders.org

8/20/2007 Long Branch NJ - Lake Takanassee Summer Series, 1500mtr kids,6:30pm,5k run/walk, 6:45, 732-222-1348

8/25/2007 Three Bridges NJ - Three Bridges Volunteer Fire Comapny 5 mile Run, 5 miles, 9am, 1 mile health walk, 9:15, 908-788-5959 marleybs@emabrqmail.com

8/25/2007 Forked River NJ - Lacey Township Alliance 5k Run, 5k,8:30am, 1 mile 8am, kiddie dashes following 5k, 609-971-3327 xii74@yahoo.com

8/25/2007 Fredon NJ - Running 9 to 5 Relay, 9 am, 5 per-son relay teams taking turns doing mile repeats, 973-383-7933 BearsRunningClub@aol.com

8/25/2007 Colts Neck NJ - Shore Runner Summer Showdown Preseason Cross Country Race at Bucks Mill Park, Youth 1 mile, 8:15am, high school 2.5 mile, 8:30 open 5K, 9:15, 732-571-3100 info@shorerunner.com

8/25/2007 Stratford CT - Madd Dash of Ffld. Cty., 5k, 9:30am, kids run, 8:45am, 203-895-6343 mrunningproductions@yahoo.com

8/25/2007 Gum Tree PA - Friendship 5K, 5k, kids races 9am, 610-466-0326 beckvalley@hotmail.com

8/26/2007 Broomall PA - Run with the Dolphins, 5k, 8:30am, 1 mile 8:40, 610-986-9029 5krun@drexelswimclub.com

8/26/2007 Wethersfield CT - Old Wethersfield 5K, 5k, 8am, 860-652-8866 beth@hartfordmarathon.com

8/26/2007 Stone Harbor NJ - Stone Harbor Lions 10k 2006, 10k, 8am, 609-412-6957 edward.einhaus@verizon.net

8/27/2007 Long Branch NJ - Lake Takanassee Summer Series, 1500mtr kids,6:30pm,5k run/walk, 6:45, 732-222-1348

8/30/2007 Hartford CT - X-Treme Scramble 3, 5k fun race, 860-652-8866 beth@hartfordmarathon.com

9/1/2007 Sea Cliff NY - SCO Family of Services Peter Speranza 5K Run to help the Children, Half Pint Half Mile 9:00, Middle School mile 9:20, 5K 9:45am, 516-671-1253 x 113 lfgiorgione@sco.org

9/1/2007 Holmdel NJ - Saturday in the Park Women's 5K, 5k,9am, childre's races, 10am, 732-542-6090 penny@saturdayinthepark5k.org

9/2/2007 Woodbridge NJ - Crossroads Of New Jersey, 10k, 5k, 9am, 732-549-9440 runnershigh454@aol.com

9/2/2007 New Brunswick NJ - Jimmy D Memorial, 5k, 9am, 732-545-6729 info@JimmyDFoundation.org

9/3/2007 Cranford NJ - 30th Annual CJRRC Fall Classic, 4 Mile,9am, 866-841-9139 x 3807 runcjrre@onebox.com

9/3/2007 Long Branch NJ - Pier Village 5k, 5k, 8:30am, 732-571-2162 piervillage@jsrc.org

9/3/2007 South Plainfield NJ - Labor Day Run, 5k, 908-754-4620 x 345 foberkehr@spnet.k12.nj.us

9/3/2007 Eatontown NJ - Eatontown 13th Annual 5k Run, 5k run, 9:10,walk, 9am,1 mile, 8:45, 732-389-7607 rec@eatontownnj.com

9/3/2007 Ocean City NJ - Mayor's Labor Day Race, 5 mile, 9am, 1 mile fun run/walk, 9am, 609-525-9317 lrumer@ocean-city.nj.us

9/8/2007 Harrisburg PA - Guts & Glory 5K Run/Walk, 5k, 7:30am, 215-396-9100 philadelphia@ccfa.org

9/8/2007 Dewey Beach DE - 31st Gary P. Lister Bottle & Cork Ten Miler / 5k, 10 mile, 5 K, 8am, 302-654-6400 info@races2run.com

9/8/2007 Dumont NJ - 2nd Annual Dumont Fall Run For Fun, 5k 9:15am, 1.5 mile, 8:15, 1/2 mile kids dun run, 8:40, 201-439-1106 hstlyianou@esnjlaw.com

9/8/2007 Brielle NJ - Brielle Day Hill and Dale 10k, 10k,9am, 732-528-6600 x 100 jsrc@hotmail.com

9/8/2007 Springfield MA - SIDS Race for Life, 5 milew, 11am, 413-785-0325 sidsrace4life@yahoo.com

9/8/2007 Seaside Park NJ - Walk the Shore for a Cure to Benefit the American Cancer Society, 5k, run or walk, 10am, 732-793-1361 walktheshoreforacure@yahoo.com

9/8/2007 Trenton NJ - 2nd Annual Trenton NAACP & Trenton Track Club 5K Run / 2 Mile Walk, 5k and 2 mile walk, 10am, 609-638-7215 jcandlafor@aol.com

9/9/2007 Elizabeth NJ - 5th Annual Fallen Heroes Memorial Run, 5k, 9:45am, kids dash, 11am, 732-499-9250 mzrace@oymmp.net

9/9/2007 Middletown NJ - Henry Hudson Trail 8 Mile, 8 mile, 3 mile fun run/walk, 9:30am, 732-530-6561 georgem5@comcast.net

9/9/2007 Colts Neck NJ - Colts Neck 10k, 10k,10:30am,1 Mile, 10am, 732-780-6666 cnrec@optnline.net

9/9/2007 Newark NJ - Educators for Kids 5K Run/Walk, 5k, 8:30am, 973-432-0951 lardieri.b@educators4kids.org

9/9/2007 Chicago IL - Banco Popular Chicago Half Marathon, 13.1 miles, 7:30am, 312-347-0233 thehalfmarathon@aol.com

Running Events continued on page 64

“Run for Darren”

5K Run/Walk and Fun Run

October 13, 2007

Presented By Kinnelon-Butler Optimist Club



Location: Kinnelon High School, 121 Kinnelon Road
Kinnelon, NJ 07405

Schedule: 7:30 a.m. Registration
8:45 a.m. Wheelchair Participants
9:00 a.m. 5K Run/Walk
10:00 a.m. 12 & Under Fun Run
10:45 a.m. Awards Ceremony



Entry Fees: 5K Registration - \$20 (**\$25 after October 5th**)
12 & Under Fun Run \$5 (**\$7 after October 5th**)

Course: USATF Certified Course; Timers at miles 1 and 2; Timing, Scoring and Results by Compuscore; 3 Water Stops along shady, mostly flat course with 2 grade hills

Awards: Top Male and Female Walkers. Top 15 Men and Women Overall
Top Man and Woman in each age group

5K Age Groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Amenities: T-shirt for all pre-registered 5K runners (t-shirts for late registrants based on availability and size not guaranteed); Food and Refreshments at Finish Line

“5K Run for Darren” Registration Form or Online Registration at www.raceforum.com/Darren

Name _____
Age _____ M/F _____ Walker/Runner _____ Wheelchair _____ Shirt Size S M L XL XXL
Address _____ City _____
State _____ Zip _____ Telephone _____

By mail to: Annie Kline, 11 Falcon Run, Kinnelon, NJ 07405 (Checks payable to Kinnelon-Butler Optimist Club if under \$100).

Checks over \$100 to Optimist International Foundation. **(Include “5K Run for Darren” in the memo).**

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, and anyone entitled to act on my behalf, waive and release the Borough of Kinnelon, The Kinnelon-Butler Optimist Club, Optimist International Foundation, all race volunteers, organizers, sponsors, their representatives, employees and successors from any claims, responsibilities and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (if under 18 parent/guardian must sign) _____ Date _____

 **Metro Race Forum**
Online Registration

For more information please contact

Annie Kline at 973-283-8030 or Vince Scarpelli at 973-219-5078





**5 K RUN
2 MILE WALK
TOT TROT**



**OCTOBER 14, 2007
1:00 PM Village Green
Summit, New Jersey**

USATF-NJ 500 Point Grand Prix Event

To benefit the Summit Area YMCA Community Outreach Programs

REGISTRATION: To enter, fill out and sign the application below, return it with entry fee to Alice Stein, Summit YMCA, 67 Maple Street, Summit NJ 07901. Pre-registration deadline is October 8th. Or register on line at www.raceforum.com/summit or www.active.com.

ENTRY FEES: Pre-registration, by October 8, \$20.00. Pre-registration, by October 8 for USATF Members, \$18.00. Post registration, 11:00 am to 12:45 pm on race day, \$22.00. Tot Trot Fee \$3.00. Make checks payable to Summit YMCA.

AWARDS: Awards will be given to 1st, 2nd, and 3rd male and female runners. 1st male and female Summit Y member. 1st, 2nd, 3rd, male and female in each age group: 10 and under, 11-14, 5 year age increments to age 75 plus. All Tot Trot participants receive ribbons.

AMENITIES: Long Sleeve T-shirts to all 5 K Run and 2 Mile Walk pre-registrants and post registrants while supplies last. Live music, snacks, beverages.

COURSE and LOCATION: USATF certified clocks at each mile, rolling hills and flats. Scenic Summit neighborhoods. Race begins at Summit Village Green, Summit NJ.

RACE DAY SCHEDULE: Post Registration 11:00 am to 12:45 pm. 5K Race start 1:00 pm. Tot Trot start 12:30 pm. 2 mile walk start 1:15 pm. For more information contact, Alice Stein, Summit YMCA, 908-273-3330, x 152. alicestein@summitymca.org or visit www.summitareaymca.org.

Official Entry Form - Summit Y 5K, 2 mile walk, Tot Trot - October 14, 2007

First Name _____ Last Name _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ Email _____ DOB _____
 Age on race day _____ Male _____ Female _____ 2007 USATF Number _____
 Summit Y Member _____ Event: 5K Run _____ 2 Mile Walk _____ Tot Trot _____
 T-Shirt: Small _____ Med _____ Large _____ Extra Large _____ Emergency Contact _____

Waiver/ publicity release: I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able to properly train. Having read this waiver and knowing these facts and in consideration of my entry, I for myself & anyone entitled to act on my behalf, waive and release the City of Summit, County of Union, Summit Area YMCA, all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use my photographs, motion pictures, recording or any other record of this event for any innate purposes. By signing my name below, I certify that I have read ll terms and condition of this release and do intend to be legally bound thereby.

Signature _____ Parent signature if under 18 _____

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*every day at dawn, the ocean asks,
"you wanna race?"*

New Balance Jersey Shore
688 Broad Street
Shrewsbury, NJ

Running Events continued from page 60

9/9/2007 Erdenheim PA - Springfield 5k Run, 5k, 9am, 610-238-5088 tfalcone@firstrust.com

9/11/2007 Malvern PA - Run For Your Life, 5k, 6:30pm, 610-648-1774 jbarbeau@libertyproperty.com

9/14/2007 Brenton Woods to Hampton Beach NH - Reach the Beach Relay, 200 miles, between 4 and 12 person teams, 2 day event, 508-881-4505 qa@rtbrelay.com

9/15/2007 Holmdel NJ - The Bayshore Classic 5K Race, 5k Run 9am, 732-739-5918 lzalepka@Bchs.com

9/15/2007 Morris Twp NJ - Summer Screecher 5k, 5k, 4pm, 908-295-8580 coachhoch@aol.com

9/15/2007 Wantage NJ - Woodbourne Park 5K Family Run/Walk, 5k, 9am, 973-702-0255 woodbournepark5k@earthlink.net

9/15/2007 Pennsauken NJ - 3rd Annual Cruisin' Collingswood, 5k run/walk, 9am, 856-854-4331 x 115 bwrszsz@cm-umh.org

9/15/2007 Somers CT - Somers "Great Escape" Road Race, 5K & 5 mile, 8:00am, 860-749-1147 pedipulm@cox.net

9/16/2007 Morris Township NJ - 7th Annual Kaleidoscope of Hope Walkathon, 5 miles, 1 mile, 3 mile, 9:15am, 732-381-0318 mzrace@oymp.net

9/16/2007 Ocean Twp NJ - 69th Annual USATF National and Masters Championship 40K Racewalk, 40k, Racewalk, 8:30am, 732-222-9080 elliottden@aol.com

9/16/2007 Brooklyn NY - Chris Hoban Memorial Run, 5 miles, 10:30am, 718-836-7100 x 118 liz@hobanrun.com

9/16/2007 Wappingers Falls NY - Dutchess County Classic, 26.2, 8:45, 13.1 8:45, 5k, 9am, 914-456-0708 adgroupman@aol.com

9/16/2007 West Windsor NJ - Peak Performance 5k run, 5k, 9:30, walk 10:30, 609-223-3716 diana.figueroa@bms.com

9/22/2007 Hartford CT - North Face Endurance Challenge, 10k-50 mile, 860-652-8866 beth@hartfordmarathon.com

9/22/2007 State College PA - Tussey Mountainback 50 Mile Relay and Ultramarathon, 50 miles (relay or ultra), 814-238-5918 info@tusseymountainback.com

9/22/2007 Ocean Grove NJ - Run for the Arts 5K, 5k, 9am, 2 mile fitness walk, 9:05, 732-775-5107 jeffreyhines@yahoo.com

9/22/2007 Ardmore PA - Neighborhood Run, 5k, 9am, 610-649-0700 x 202 ccrew@philaymca.org

9/22/2007 Downingtown PA - Do The Hill 5k Run, 5k, 8am, 610-518-9360 msmith@multitherm.com

9/22/2007 Cape May NJ - 24th Annual Cape May Beach Front Run, 5 mile 9:15am, 2 mile 8:30, 609-884-9565 recdept@capemaycity.com

9/23/2007 Howell NJ - Manasquan Reservoir 5 Mile Run, 5 mile, 9am, 732-542-1642 x 27 jbutler@monmouthcountyparks.com

9/23/2007 Berkeley Heights NJ - Berkeley Heights 5k Run, 5k, 9:30am, 1.5 mile walk, 9:35, 908-464-8899

9/23/2007 West Chester PA - 4th Annual Run For Scouting, 5k, 1:30pm, 1 mile 12:45pm, 610-696-2900 scouting@cccbsa.com

9/23/2007 Fairfield CT - Fall Distance Frolic, 30k, 7:20am, 203-895-6343 mrunningproductions@yahoo.com

9/23/2007 Readington Twp NJ - Shoprite 12th Annual 5k Run/Walk, 5k, 9:30am, 908-454-4322 foodbank@norwescap.org

9/23/2007 Jersey City NJ - 14th Annual Newport Liberty Half Marathon, 1/2 Marathon, 8:30am, 5k run/fitness walk, 8:40, 732-381-0318 mzrace@oymp.net

9/23/2007 Bridgewater NJ - The Ray Perkins Memorial Race, 5k, 9:30am, 732-271-1248 pterry@optonline.net

9/23/2007 Poughkeepsie NY - Our Lady of Lourdes 5k Race, 5k, 10am, 1 mile, 9:30, 914-297-7950

9/23/2007 Doylestown PA - Friends of the Dove 10K Run & 2 Mile Nature Walk, 10, 9am, 2 mile health walk, 9:10, 215-345-7860 pathwayskki@verizon.net

9/29/2007 Lancaster PA - Hands-On House Half Marathon & 5K, 13.1 mile, 5k, 9am, 717-391-9722 info@handsonhouse.org

9/29/2007 Interlaken NJ - Interlaken 5k Race and Kids Fun Run, 5k, 10am, kids run, to follow, 732-531-0340 jessicapillari@optonline.net

9/29/2007 Princeton NJ - Carnegie Center 5K & 1 Mile Fun Run for the Parkinson Alliance, 5k, 9:30am, 1 mile fun run, 9am, 609-688-0870 thamran@parkinsonalliance.org

9/29/2007 Broomall PA - Animal Coalition of Delaware County Step For Survival 5K Run/Dog Walk, 5k & 1 mile, 9am, 610-299-6694 laurie@acdc.ws

9/29/2007 South Orange NJ - Newstead 5k, 5k, 9am, 2 mile, 9:10, kids fun run, 9:45, 973-313-9575 abeandcarla@verizon.net

9/29/2007 Dunellen NJ - Dunellen Run For Education, 5k, 10am, 1 Mile Fitness Walk, 9:30, 732-968-7470 Peter146@optonline.net

9/29/2007 Seaside Park NJ - Carpenter's Classic, 5k, 10am, 1 mile fun run, 9:15, 732-349-6115 sjctonye@yahoo.com

9/29/2007 Philadelphia PA - Runnin' On The River, 5k, 8:30am, 215-561-0483 freetheriverpark@comcast.net

9/30/2007 Wayne NJ - 7th Annual Brian's Run for Tomorrows Children's Fund, 10K, 8:30am, 5k, 10am, 973-904-1395 mzrace@oymp.net

Running Events continued on page 70

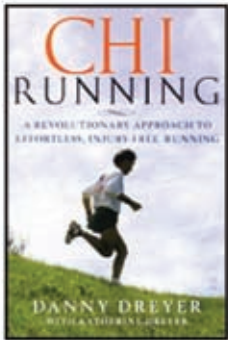
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 Saturday, September 22, 2007
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10:00 am START BIKE – KAYAK – RUN
 Individual and Team Relay Event
 Call 410-827-6694 for an application.

ONLINE REGISTRATION AT
WWW.RACEFORUM.COM/ECO-TRI

ENTRY DEADLINE- SEPTEMBER 7, 2007



**Crest
 Adventure
 Races**

**A Late Summer Duathlon
 and Two-Mile Run
 beginning and ending at
 Sunset Lake
 in Wildwood Crest**

Sunday, Sept. 23, 2007
 9 a.m. (Registration begins at 8 a.m.)

Join us as we say farewell to the Summer of 2007 and conclude our Seafarer's Celebration with a two-mile run, 10-mile bike, two-mile run duathlon. Or choose to participate in the first leg only, the two-mile run.



PRIZES

Duathlon: Prizes will be awarded to the top three overall male and female finishers, as well as the top male and female finishers in each age group (19 and under; 20-29; 30-39; 40-49; 50 and over).

Two-Mile Run: Prizes will be awarded to the top three male and female finishers, as well as the top male and female finishers in each age group (12 and under, 13-16, 17-19, 20-29, 30-39, 40-49; 50 and over).

DIRECTIONS

Garden State Parkway to Exit 4B.
 Follow over bridge into Wildwood.
 Make right at third traffic light (Park Blvd.)
 Take Park Blvd. about a mile until it ends at New Jersey Avenue. Sunset Lake will be on the right.



INFORMATION

Wildwood Crest Recreation
 609-523-0202
 E-mail: wildwoodcrestpier@yahoo.com

**2007 Crest Adventure Race
 Entry Form**

Make checks payable to the Borough of Wildwood Crest
 Mail to: Borough of Wildwood Crest Recreation Department
 6101 Pacific Avenue Wildwood Crest, NJ, 08260

Last Name _____ First Name _____
 Street _____
 City _____ State _____ Zip _____
 Home Phone _____ Work Phone _____
 Email _____
 Age _____ Sex _____
 Long-sleeve T-shirt size _____ S _____ M _____ L _____ XL _____ XXL _____

Event Entering (Check One)

- Duathlon
 Two-Mile Run

Fees (Check One)

- Duathlon \$35.00
 Two-Mile Run \$15.00

Note: Entry fees increase by \$10 for duathlon and \$5 for Two-Mile Run after Sept. 15th

Online registration available at
www.raceforum.com/Crest and www.active.com

Waiver/Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive and release any claims I may have against the Borough of Wildwood Crest and all Cape May County Municipalities that are ridden through during Crest Adventure Race, GWTIDA, and any and all parties, groups, organizations, volunteers, staff, sponsors and (or) representatives involved in Crest Adventure Race for injuries that may be suffered by me in this event. I agree to wear a helmet on the entire route and abide by all traffic laws and basic safety rules established by Crest Adventure Race organizers. Further, I state that I am physically able to compete in the event entered and grant permission to use my photographic likeness for promotional purposes.

Signature (of parent if under age 18) _____ date _____

14th Annual 2007 Little Silver Classic 5K



**October 14, 2007
9:30 A.M.**

and 5k run/health walk/kids run

**Red Bank Regional High School
101 Ridge Road, Little Silver, NJ 07739**

Website: <http://www.littlesilverschools.org/Iss/PTO/>

To enter, fill out application completely
(one entry per application).

Sign and return with your entry fee (check or money order)
payable to: Little Silver Classic

20 Sherwood Rd., Little Silver, NJ 07739

For information call: (732) 450-1473

Little Silver Classic Kids Race

EVENTS

AGE	DISTANCE
3-4	50 yards
5-6	100 yards
7-8-9	220 yards
10-11-12	440 yards

The Little Silver Classic kids race is a non-competitive event. Each finisher will receive an award.

AWARDS & AMENITIES

- Cash Prizes: Top male and female overall finishers receive cash prizes, 1st Place-\$100, 2nd Place-\$50, 3rd Place-\$25
- Additional Race Awards: Top male and female in each age group: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70 & over
- Post-race refreshments for all.

RACE PACKET PICKUP

- Friday, 10/12—2 p.m.—4 p.m., Little Silver Point Rd. School
- Saturday, 10/13-12 p.m.—3 p.m., Red Bank Regional High School
- Day of Race—8 a.m.—9 a.m., Red Bank Regional High School

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ - _____ Date of Birth _____ Age _____ Sex M/F _____

Check appropriate event below: No refunds, exchanges or transfers

Pre-Registration (Postmarked by 10/7/07)

- 5K Race.....\$20
 Kids Race.....\$12

Late Registration (10/8-10/14/07)

- 5K Race.....\$25
 Kids Race.....\$15



www.raceforum.com/littlesilver

Shirt Sizes (Circle One)

Adult— SM -- MED -- LRG -- XLRG - XXLRG Youth (kids race only) SM -- MED -- LRG

T-Shirts guaranteed to first 400 runners.

In consideration of this entry being accepted, I hereby, for myself, heirs, executors, and administrators, waive and release any claims that I may have against the town of Little Silver Classic committee members and/or volunteers, Little Silver schools, Red Bank Regional High School, and all sponsors of their representatives, successors, or assignees for any injury that may be suffered by me in this event. I also give permission for the use of my name and/or picture in any newspaper, broadcast, telecast or other account of this event. I certify that I am in good physical condition for this event.

Signature of entrant _____ Date _____



Downloaded from Metro Race Forum Online Registration available at www.raceforum.com/littlesilver



SATURDAY, OCTOBER 13, 2007

*8th Annual
Family Fun*



5K RUN/WALK

To support survivors of Domestic Violence

- Registration** 8:30 a.m.
Race begins at 10:00 a.m.
- Entry Fees** Adults - \$20.00 if registered or postmarked by 9/29/07
\$25.00 if registered between 10/1/07 - 10/13/07
Children 13 and under - \$10.00
- Course** Point Pleasant Beach - Race begins at the band shell across from the boardwalk in the Silver Lake parking area on Arnold Ave.
- Amenities** Lunch for all participants & custom designed t-shirts guaranteed to all pre-registrants. Post registered participants will receive t-shirts while supplies last.

**Online Registration: www.RaceForum.com/dotties
Registration Form**

For additional information call (732) 295-7380
or visit us online at www.homes-now.org or www.dottieshouse.org

Name _____ Age _____ M/F _____ Shirt Size (S M L XL XXL) _____

Address _____ City/State _____ Zip _____

Telephone _____ E-Mail _____

Please Check One: 5K Run _____ 5K Walk _____ Donation _____ Total Amount Enclosed \$ _____

Payment Methods: _____ Check (Please make checks payable to Friends of Dottie's House)
_____ Credit Card: (Visa/ Mastercard/American Express) Credit Card No. _____
Expiration _____ 3 digit code (from back of credit card) _____
For American Express credit cards, 4 digit code from front of card _____

In consideration of my acceptance of this entry, I intend to be legally bound, for myself, my heirs, executors and administrators, and hereby waive and release Friends of Dottie's House, all municipalities along the routes, all volunteers associated with this event, and any and all sponsors and their representatives, successors, and assignees from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in the event, including those which may be attributed to weather conditions. I attest and verify that I will participate in this event as a walking or running entrant that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs of me for any and all purposes without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature below.

Participant's Signature _____ Date _____

Emergency Contact Information
Name _____

(Parent/Guardian if under 18) _____

Telephone _____

Mail, fax or e-mail registration form to:

Friends of Dottie's House
2141 Route 88 East
Suite 4
Brick, NJ 08724

Fax (732) 295-7383
E-mail: info@homes-now.org



THE 13TH ANNUAL SHREWSBURY 5K CLASSIC

USATF CERTIFIED



Presented by The Foundation for Shrewsbury Education, Benefiting the children of the Shrewsbury Boro School

SUNDAY, OCTOBER 14, 2007
START: 9:00AM

SHREWSBURY BORO SCHOOL
SHREWSBURY, NJ

ENTRY FEE: \$25 before October 1st (includes T-shirt)*, \$35 after October 1st
\$25 One Mile Shrewsbury Community Spirit Run/Walk, \$30 day of race.
\$20 T-Shirt Only
* T-Shirts available on a first come, first served basis if registering after 10/01/07

SCHEDULE OF EVENTS (SHREWSBURY BORO SCHOOL)

Saturday, Oct. 13th
4:00 to 6:00pm - Registration & Packet Pick-up
Sunday, Oct. 14th
7:30 to 8:15am - Registration & Packet Pick-up
8:30am - One Mile Shrewsbury Community Run/Walk
9:00am - 5K Classic (USATF certified course - NJ97037DB)
10:30 - Kiddie Dash (pre-school to 5th grade)

Register Online at:
www.RaceForum.com/shrewsbury

AWARDS

Gift Certificates and Trophies awarded to overall 1st place finishers - Male and Female.
Trophies awarded to overall 2nd & 3rd place finishers - Male and Female.
Trophies awarded to 1st, 2nd, & 3rd place finishers per each age group - Male and Female.
(14 & under, 15-20, 21-30, 31-40, 41-50, 51+)

RACE SPONSORS

*If you are interested in becoming a race sponsor, please contact
Michael Bell at 908-385-6751 or/ Kim Brockway at 732-778-9786 or
use our online form at shrewsburyfoundation.org/classic/sponsor*

DIRECTIONS

From GSP: Garden State Parkway (GSP) to exit 109. Go East on Newman Springs road. Follow to end and make a right onto Route 35 South. At the 2nd Light, make a left into The Grove parking lot. Shrewsbury Boro School is located across Rt. 35 (20 Obre Place).

REGISTRATION FORM

Make Check Payable To : Foundation for Shrewsbury Education (FSE)

Mail To: Shrewsbury Borough School, 20 Obre Place, Shrewsbury, NJ 07702 attn: Race Committee

Register Online: shrewsburyfoundation.org/5k

Registration Forms Also Available At These Locations :

The Running Store at The Grove
Route 35, Shrewsbury

The New Balance Store
Route 35, Shrewsbury

Athlete's Alley
Route 35, Shrewsbury

For more information, call 732-219-5349

Last Name:	First Name:	Age:	Gender: M F circle one	
Street Address:		City:	State:	Zip:
Email:	T-Shirt Size: XL L M S Kids Sizes: L M S XS		Event: 5K 1M Run/Walk Kiddie Dash	

THE FOLLOWING WAIVER MUST BE COMPLETED TO PARTICIPATE IN THIS EVENT: (please, no strollers in 5K race)

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against the Borough of Shrewsbury, the Foundation for Shrewsbury Education, the Borough of Shrewsbury Board of Education, the representatives, successors or assigns of these organizations, race volunteers and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest that I am physically able to participate in said event.

Date:	Signature (Parent or Guardian if under 18 years of age):
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The Foundation for Shrewsbury Education supports the technology equipment, software and training needs of the Shrewsbury Boro School. Visit us at shrewsburyfoundation.org to learn more.

06-20-07



2007 Race Schedule

- Kings Grant Sprint Triathlon – Sunday August 12, 2007 **New!**
- DQ Triathlon at Marlton Lakes – Saturday September 1, 2007
- Vineland Exchange Club Triathlon/Duathlon – Saturday September 22, 2007

New this year sign up early and get a multi-race discount!

**Online Registration for all events @
www.raceforum.com/dq**



www.dqtridu.com

Running Events continued from page 64

9/30/2007 Lyndhurst NJ - 4th Annual Kaleidoscope of Hope Walkathon II, 5 miles, 1 mile, 3 mile, 9:15am, 732-381-0318 mzrace@oymp.net

9/30/2007 Southport CT - Bigelow Tea Community Challenge, 5k, 10:10am, 203-895-6343 msrunningproductions@yahoo.com

9/30/2007 Sandy Hook NJ - Jersey Shore Half Marathon, 13.1 Miles, 9am, 732-409-7644 x 3 jsh2007@msn.com

9/30/2007 Lake Hopatcong NJ - 9th Annual Memorial Wrobo Run, 5k, 9am, 973-208-2377 staceerun@aol.com

9/30/2007 Richboro PA - The Third Annual Make Your Mark 5K Run/Walk & 1 Mile Fun Walk, 5k, 1 mile, 8:30am, 215-441-4421 MakeYourMark1@verizon.net

9/30/2007 - Susan Novick Race To Make A Difference, 5k walk/run, 856-691-1265 anovick1@comcast.net

9/30/2007 Sandy Hook NJ - Sandy Hook Lighthouse 5K, 5k, 9:05am, 732-409-7644 x 3 jsh2007@msn.com

9/30/2007 Allaire St Prk NJ - Allaire 5k Cross Country Run, 5k, 8:30am, 732-449-4424 x 185 pdlacy@aol.com

9/30/2007 Voorhees NJ - 7th Annual William G. Rohrer Center for HealthFitness 5k Road Race, 5k, 9am, 1 mile 8:L30, 856-325-5328 jwood@virtua.org

9/30/2007 Southington CT - Apple Harvest Festival 5 Miler, 5 mile, 2 mile, 860-621-8737 jmyers@southington-cheshireymca.org

10/6/2007 Estell Manor NJ - The Great Pumpkin 5k, 5k, 609-487-3689 ironmanclancy@excite.com

10/6/2007 Kimberton PA - 9th Annual Kimberton 5K Run, 5K run/walk, kid's 1/2 mile fun run, 9am, 610-935-2346 toffey@comcast.net

10/6/2007 Philadelphia PA - Guts & Glory 5K Run/Walk, 5k,9am, 215-396-9100 philadelphia@ccfa.org

10/6/2007 Hoboken NJ - 9th Annual 2007 Hoboken UMC 5k Run, 5k,9am, 201-418-2009 aflanagan@Hobokenumc.com

**ONLINE REGISTRATION FOR YOUR EVENT
ABSOLUTELY NO COST TO RACE**

WWW.RACEFORUM.COM/REGISTRATION

FOR MORE INFORMATION

or register@raceforum.com

10/6/2007 Allentown PA - Step Out Against Domestic Violence Run/Walk, 5k, 10am, 610-797-0530 communications@tplv.org

10/7/2007 Brant Beach NJ - 35th Annual LBI Commemorative 18 Mile Run, 18 Mile, 10:30am, 609-494-8861 mthompson@stfrancislbj.org

10/7/2007 White Plains NY - Westchester Marathon, Half Marathon & Quarter Marathon, 26.2 miles, 13.1 miles, 6.55 miles, 8:00 AM, 203-262-3376 info@genesidadventures.com

10/7/2007 Westfield NJ - Club FACT/Teddy Roosevelt Rough Runner 5K, 5k, 9am, fun run after 5k, 908-789-4560 tmcintosh_ris@yahoo.com

10/7/2007 Washington Twp NJ - 2nd Annual Step up for the Arc Meadow Breeze 5k, 5k, 10am, Scenic bike tours, 12 mile 9:15, 25 mile, 8:30am, 732 381-0318 mzrace@oymp.net

10/7/2007 Washington DC - Army Ten-Miler, 10 mile, 8am, 202-685-3361 armytenmiler@jfhqncr.northcom.mil

10/7/2007 Staten Island NY - Jeff's Run - in memory of Firefighter Jeff Giordano lost on September 11th, 5k, 10am, 718-966-7578 lizzmorano@aol.com

10/7/2007 Leesport PA - Trimax Octoberfest Trail Run, 5k & 10k, info@trimaxendurancesports.com

10/7/2007 Holmdel NJ - USATF-NJ 5k Cross Country Championships, Women's 10:30, Men's 11:30, 973-334-8900 usatfnj@usatfnj.org

10/7/2007 Jersey City NJ - Carlos Negron Memorial Run, 5k, 9:30, Kiddie Dash, 10:30, 201-991-91-03 schaeztp@msn.com

10/7/2007 Lawrenceville NJ - The Lawrence Loop, 10k, 9am, fun run 9:15, 609-896-8000 10KFunRun@sonj.org

10/13/2007 West Milford NJ - Heart of The Highlands 5K, 5k, 9am, 973-728-0264 bp@visitwestmilford.org

10/13/2007 Ocean City MD - Pink Ribbon Classic 5K, 5k, run or walk, 1 mile fun walk, 9am, 410 723-2323 beverlyfurst@hotmail.com

10/13/2007 Sayerville NJ - 5th Annual Hit the Bricks 5-Miler, 5 mile, 9:30am, 732-390-7092 dtnesci@optonline.net

10/13/2007 Pt Pleasant Beach NJ - Friends of Dottie's House 8th Annual 5K Run/Walk, 5k, 10am, 732-295-7380 nyannelli@homes-now.org

10/13/2007 Newtown PA - Newtown Library 5K, 5k, 9am, hmshirley@verizon.net

10/13/2007 Wall NJ - The Rat Race, 5k-5miles, 10:07am, 732-988-4953 RatHash@yahoo.com

10/13/2007 Doyelstown PA - The Brandon W. Boger Memorial Scholarship 5K Run/Walk, 5k, 9am, 215-348-1446 bwb5k@verizon.net

10/13/2007 Baltimore MD - The Under Armour Baltimore Running Festival, marathon, half-marathon, team relay, 5K, kids fun run, 410-605-9381 customerservice@corrigansports.com

10/13/2007 Media PA - Women's Distance Festival 5k Run/Walk, 5k, 10am, 610-891-0806 amy@amyink.com

10/13/2007 Edison NJ - Metuchen Branch YMCA Janice Garbolino Memorial 5K Classic, 5k,9am, 732-516-9200 x 108 helene.zahn@metuchen-edisonymca.org

Running Events continued on page 72

Lupus Foundation of America
New Jersey Chapter



Run 4 Lupus

www.lupusnj.org

Run 4 Lupus 4 Miler

Followed by a 2 mile family fun walk

Benefiting the Lupus Foundation of America, New Jersey Chapter
Nomahegan Park, Cranford, New Jersey
Sunday, October 14, 2007

Lupus is an autoimmune disease that causes inflammation and tissue damage to virtually any organ system in the body. While lupus affects mostly women of childbearing age, women and men of all ages and children can develop lupus.

- Schedule:** Registration and packet pick up: 8:00 a.m.
Race Start Time: 9:00 a.m. Fun Walk: 10:30 a.m.
- Registration:** By mail until October 5, 2007 or online at www.ACTIVE.com
or www.raceforum.com/lupus
- Race Entry Fees:** \$18 by October 5, 2007
\$22 after October 5, 2007 and on race day
- Course:** 4 mile USATF sanctioned event and certified course #NJ06502JHP
flat, woods, residential, water stops, results by Compuscore
- Awards:** Top 3 M/F overall
Master overall trophy 40 + and over
5 Year Age Groups 20-69+
Top 3 finishers under 20



First Name _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____ Phone: _____

Gender (Circle One) Male Female Age (on race day): _____ Date of Birth _____

_____ \$18 by October 5, 2007

_____ \$22 after October 5, 2007 and on race day

Checks payable to: Lupus Foundation of America, New Jersey Chapter

Mail to: PO Box 1184, Springfield, NJ 07081

Payment enclosed \$ _____ OR MASTERCARD VISA AMEX DISCOVER

Account # _____ Exp. Date _____

For additional information contact the Lupus Foundation of America, New Jersey Chapter
call 973-379-3226 or visit www.lupusnj.org. Any questions email us: info@lupusnj.org.

Waiver

I, the undersigned, for myself, my heirs, and executors, in consideration of any participation in the Walk for Lupus NOW © hereafter called the event, hereby release and hold harmless the Lupus Foundation of America, New Jersey Chapter, Inc. and others connected with this event, including sponsors, municipalities, employees, volunteers or agents collectively called the event group from any and all claims for damages or injuries which I may suffer in connection with the event. I give my consent for the event group to use my likeness, voice, or biographical information and any photos, recordings, or video tapes, CDs or DVDs or any other publicity including me at the event.

SIGNATURE

Date

SIGNATURE OF

(Parent/Guardian if entrant under 18 years of age)

Date

Running Events continued from page 70

10/13/2007 Kinnelon NJ - Run for Darren, 5k run/walk 9am, kids fun run, 10am, 973-283-8030 anniekline@att.net

10/13/2007 Morris Twp NJ - Hounds & Harriers Run, 3 mile run, 10am: 9:30 dash for retired dogs, 973-377-6276 HoundsandHarriers@verizon.net

10/13/2007 Hartford CT - UTC Greater Hartford Marathon, Marathon, 1/2 marathon, 5k & marathon relay, 860-652-8866 beth@hartfordmarathon.com

10/13/2007 Morris Twp NJ - Wobbly Wombat 6 Miler, 6 miles, 10am, 908-295-8580 coachhoch@aol.com

10/14/2007 Little Silver NJ - Little Silver Classic, 5krun/Healthwalk, 9:30am, Kids Run, 11am, 732-450-1473 Fkutzin@aol.com

10/14/2007 Cranford NJ - Run 4 Lupus 4 Miler, 4 mile, 9am, 2 mile fun walk, 10:30, 973-379-3226 info@lupusnj.org

10/14/2007 Summit NJ - Summit Y 5, 5k, 2 mile walk, 1 pm, 908-273-3330 x 152 alicestein@sumitymca.org

10/14/2007 Hackensack NJ - 7th Annual Hackensack Run, 5k & 1.5 mile walk, 9:30am, 732-381-0318 mzrace@oymp.net

10/14/2007 Atlantic City NJ - 48th Annual Atlantic City Marathon/Half Marathon, 10k, 5k, 2mile, 26.2, 13.1, 10k, 5k, Kugel Walk, 8:30am, 609-822-6911 acmarathon@aol.com

10/14/2007 Philadelphia PA - AIDS Run Philly, 10k, 215-731-9255 robbr@aidsfundphilly.org

10/14/2007 Cherry Hill NJ - Katz JCC 8th Annual 5k Run/1 Mile Fun Walk, 5k, 9am, 1 mile walk/fun run, 8:20, 856-424-4444 ext 141 gbonetti@jfedsnj.org

10/14/2007 Shrewsbury NJ - The 13th Annual Shrewsbury 5K Classic, 5k, 9am, Kiddie Dash 10:30, 1 mile, 8:30, 732-219-5349 tgar01@yahoo.com

10/20/2007 - Friends and Neighbors in Action 5K, 5k, 10am 1 mile, 9:30, 609-371-1137 info@FNA5K.com

10/20/2007 Cranford NJ - 5th Annual CPL Breakfast Run, 5k, 9:30am, 1 mile ramble, 10:10, kids dashes, 10:30, 732-381-0318 mzrace@oymp.net

10/20/2007 Media PA - Trimax Really Fun Ridley Run, 5k & 10k, info@trimaxendurancesports.com

10/20/2007 Ruddertown DE - 2nd Dewey Beach 2Person/4 Person Marathon Relay, 26.2, 10am, 302-654-6400 info@races2run.com

10/21/2007 Trumbull CT - Great Pumpkin Classic, 4 miles, 10am, 203-895-6343 msrunningproductions@yahoo.com

10/21/2007 Sewell NJ - Walk for Lupus, 2mile, 10am, 856-424-0255 sjlupus@verizon.net

10/21/2007 Seaside Park NJ - Seaside Half Marathon & 5K, 13.1 mile run, 10am, 13.1 walk, 9am, 5k 10:10, 732-245-7255 Genlec@aol.com

10/21/2007 Bristol CT - Mum-A-Thon Road Races Fun Walk & Children's Fun Run, Fun Run, 9:15am, 10am 2 mile run; 10:10 am, 5 mile run & 2 mile fun walk, 860-314-2087 lmannari@bristolhospital.org

10/21/2007 Bay Head NJ - Shark Run 5k Powered by the Hesse Companies, 5k, 8:30am, 732-892-0668

10/21/2007 Norristown PA - Norristown Farm Park Run, 5k, 8:30am, 610-630-3936 dbcrowle@verizon.net

10/21/2007 Paramus NJ - The Terri Roemer Paramus Run, 10k9:05am, 5k, 11:15, Fun Run, 12:15, 201-265-9321 mzrace@oymp.net

10/27/2007 Norwood NJ - Norwood 5K Run/Walk, 5k, 9:30am, 201-784-0694 alangettis@aol.com



Target Market!

Applications Printed & Distributed Directly

To Athletes!

2007 - Our 16th Successful Season. Now with online registration!



Metro Race Forum is the Metropolitan area's most complete race application guide. It provides race applications and schedules of thousands of athletes in the Metropolitan area. If a race is not listed in our schedule, it is because race director did not contact or dates with us before printing.

Metro Race Forum gets in the hands of **25,000 plus athletes every issue** and our web site averages over 500 visitors per day. It best source of race information available to athletes in the Tri-State area. Close to 138,000 copies were printed and distributed in 2008 835,000 since the year 2000.

Metro Race Forum, published 5 times a year, is sent to races who request copies to be stuffed into race packets along with club stores, YMCA's, health clubs and a major subscription base.

Metro Race Forum is distributed to the general athletic community, not just elite athletes. It is also widely distributed in race packets. **Metro Race Forum** do the tedious work of distributing race applications. Our publication is a consolidation of race applications that both the athletes and the races themselves.

Please see separate sign up sheet for requests for free copies of Metro Race Forum for your athletes Over 280 area races advertised in 2006, 98 races advertised in two issues.

INCREASE YOUR NUMBER OF RACERS TODAY!

Cover Feature Race (in addition to race app inside, limited)	\$100 extra	Web Application Page linked to free listing	
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Half Page 7.5" x 4.75"	\$199	Page 3 - Additional	\$90 (races only)
Size 3 4.75" x 3.5"	\$160	Page 4 - Additional	\$50
Size 2 2.5" x 4" or 5" x 2"	\$125	Page 5 - Additional	\$50 (races only)
Size 1 2.5" x 2" or 5" x 1"	\$95	Back Cover - Additional	\$90

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www.raceforum.com

Only one issue left - 2007 Issues



Issue	Ad Deadline	Release Date
Oct/Nov/Dec	August 22	September 14

10/27/2007 Dover NJ - 16th Annual Dover Renaissance Run, 5k, 9am, 973-895-9607 plee@us.fujitsu.com

10/28/2007 Poughkeepsie NY - Sports Museum Hall of Fame Race, 5k cross country race, 11am, 845-297-7950

10/28/2007 Deer Path Park NJ - USATF-NJ 8k Cross Country Championships, Women's 10:30, Men's 11:30, 973-334-8900 usatfnj@usatfnj.org

10/28/2007 Aberdeen NJ - Aberdeen Haunted 5K, 5k, 9:30am, 1 mile 9am, 973-423-2090 wamproductions@aol.com

10/28/2007 Lakewood NJ - Shore AC Open Cross Country Meet, cross country, 732-222-9080 elliottden@aol.com

10/28/2007 Convent Station NJ - Safe Dating Challenge, 5k, 12noon, 1.5 mile walk, 12:30pm, kids races, 1pm, 732-381-0318 mzrace@oymp.net

11/3/2007 Bridgewater NJ - Run for Runaways, 5K, 10am, 2 Mile fitness walk, 9am, kids sprint, 11am, 908-526-6605 jgodby@somersethome.org

11/3/2007 Morris Twp NJ - Morris Mauler 5k (Hibernation edition), 5k, 10:30am, 908-295-8580 coachhoch@aol.com

11/4/2007 Camden NJ - Cooper-Amerihealth Bridge Challenge, 10k, 2 mile bridgwalk, 8:30am, 856-933-3725 events@larc.school.org

11/4/2007 South Brunswick NJ - Run with the Vikings 5K & 1 Mile Fun Run, 5k, 10am, 1 mile 9:30, 732-940-3111 ggcfSAFE@comcast.net

11/7/2007 Tewksbury NJ - Tewksbury 5 Miler, 5 mile, 10am, 1 mile fun run, 9:30, 908-310-1547 tewsbury5miler@att.net

11/10/2007 Hartford CT - Freedom Run, 5k, 8:30am, 860-652-8866 beth@hartfordmarathon.com

11/11/2007 Elverson PA - Trimax French Creek Trail Run, 5k & 10k, info@trimaxendurancesports.com

11/11/2007 New Haven CT - Madd Dash of New Haven, 5 miles, 9:30am, kids run, 9am, 203-895-6343 msrunningproductions@yahoo.com

11/17/2007 Montclair NJ - The Goodwill 5000, 5k, 8:30am, 1 mile fun run, 8am, 973-865-1919 Aubreyblanda@yahoo.com

11/22/2007 Glen Ridge NJ - Ashenfelter 8k Classic & Ridger Romp 1 Mile, 8k (4.97 miles) 9am, 1 mile, 8:30, 973-748-0093 dan@dtmurphy.com

11/22/2007 Nazareth PA - Pumpkin Pie 5K Run and Fun Walk, 5k and 1-2 mile walk 9am, 610-759-3440 karenjanis@nazarethymca.org

11/24/2007 Bear Mountain NY - 25th annual Rockland Alumni Cross Country Run/Bill Markiewicz Memorial, 3 miles, 12noon, 845-627-2030 kmptjai@aol.com

11/24/2007 Trumbull CT - Cow Chip Cross Country, 4 miles, 9:30am, 203-895-6343 msrunningproductions@yahoo.com

11/25/2007 Long Branch NJ - The Thanksgiving Day 10K & 3-Mile Fun Run / Walk, 10k, 7:30am, 3 mile, 732-578-1771 info@njrrc.org