The Upper Saddle River 5k Run

USATF NEW JERSEY — 500 Point Event

new balance — North Jersey — **2019 Grand Prix**

Start your Thanksgiving Day off on the right foot...
Come Celebrate the 21st Running of the USR 5K Run

Rotary Bergen Highlands Club

USR Recreation Commission

Date & Location
Thursday November 28, 2019
Upper Saddle River, NJ

Schedule
7:30am – Check In
9:00am - 5K Run

Registration
Raceforum.com/USR, By Mail, or In Person

Entry Fees
Pre-registration - $30
Race-day - $35

Course
Single loop with both hilly and flat portions.
Digital clock at 1 mile and 2 mile marks and
water station at halfway point.

Awards
Top 3 overall and age group, male and
female Top 5 family teams (minimum of 3
members, all must be pre-registered)

Age Groups
8 & under to 70 & over

Amenities
Long sleeve t shirt
2,400 runners, DJ, refreshments, indoor
facilities

More Information and Directions
www.USR5k.org

MUST BE POSTMARKED BY 11/15/19

Last Name   First Name

Street   City

State   Zip   Phone

D.O.B   Age on Race Day   Gender

Email   Preferred Shirt Size: Youth Small, Youth
Medium, Youth Large, AS,AM,AL,AXL, A2XL

List Members of Family Team if Participating

☐ Pre-registration $30

☐ Race-day $35

USATF# _____   Current Members: $3 off

Checks payable: Borough of USR
Mail to: USR 5k Run, P.O. Box 569, Saddle River, NJ 07458

Signature (parent if under 18)   Date