

**Directions to the
5k Stampede Through Clifton
(Clifton Municipal Complex)**

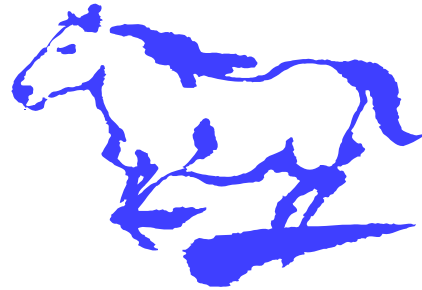
From East: Route 3 West to Broad St. Exit. Bear right on exit ramp. At light make left onto Clifton Avenue. Go 1 mile to Van Houten Avenue. Make left and then right into Municipal Complex.

From West: Route 80 East to Route 46 East. Proceed to Route 3 East. Go ½ mile. Exit at Broad Street. Make left at exit ramp light. Go 1-¼ miles to Van Houten Avenue. At light (with Adam's Bagel and Deli on corner) make right onto Van Houten Ave. Go ½ mile. Complex is on left.

From North: Garden State Pkwy South to exit 154 Grove Street. Stay right on ramp. Make left onto Grove Street. Go ½ mile and make left onto Van Houten. Go 1 mile Municipal Complex is on left.

From South: Garden State Pkwy North to exit 154 Route 46 East. Take 1st exit (Paulison Avenue). Make left. Go ½ mile. At light make right onto Clifton Avenue. Make right at next light (Colfax Avenue). Municipal Complex is on left.

**12th Annual
5k Stampede
Through Clifton
and Health Walk**



**Sunday, November 22, 2009
Start Time 9:00 AM
Clifton Municipal Complex
Clifton, New Jersey**

Presented by the Clifton Recreation
Department and Elite Racing Systems



**Clifton Recreation Department
5k Stampede through Clifton
900 Clifton Avenue
Clifton, New Jersey 07013**

