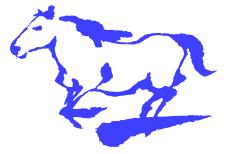
Directions to the 5k Stampede Through Clifton (Clifton Municipal Complex)

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 ¹/₂ mile. Exit at Broad Street. Make left at exit ramp light. Go 1-¹/₄ miles to Van Houten Avenue. At light (with Adam's Bagel and Deli on corner) make right onto Van Houten Ave. Go ¹/₂ 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 ¹/₂ 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

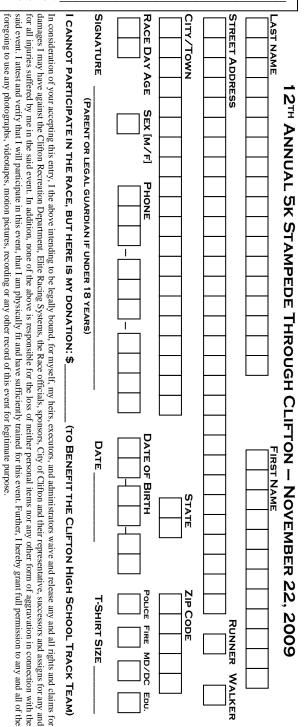


Clifton Recreation Department 5k Stampede through Clifton 900 Clifton Avenue Clifton, New Jersey 07013

Referrer:	

foregoing to

any photographs,



12th Annual **5k Stampede through Clifton** 5k Race and Health Walk Sunday, November 22, 2009 9:00 AM

Race Location & Packet Pick-up

Clifton City Hall Complex Lester Herrschaft Center for Seniors & Citizens with Disabilities 900 Clifton Avenue Clifton, New Jersey 07013

Registration

\$15.00 postmarked by 11/16/2009 (\$10.00 for youth with valid Student ID) \$20.00 after 11/17/2009 and day of race (\$15.00 for youth with valid Student ID)

All individuals that participated in the 2008 Stampede can receive a \$5.00 discount on this year's race, by registering a friend (who did not compete in 2008). In order to receive the discount, you and your friend must register at the same time.

Maximum discount = 3 friends

Please make checks payable to: Clifton Recreation

Mail checks and entries to: **Clifton Recreation Department** 900 Clifton Avenue Clifton, NJ 07013



Event Schedule

Race Day Registration Starts at 7:30 AM 5km Run / Health Walk 9:00 AM

Age Categories for Race

10 and under	40 - 49
11 – 14	50 - 59
15 – 19	60 - 69
20 - 29	70 – 99
30 - 39	* No duplicate awards

Awards

1st place Overall Male and Female

1st, 2nd & 3rd place Male and Female in each Age Category

Additional Awards: 1st place Police Officer, Firefighter, Doctor/Chiropractor, Educator and Family; plus gifts for the oldest and youngest participants and the health facility with the most referred participants. (Please place name of referring health facility in the space provided.)

After the race there will be a raffle for great prizes. Visit the various booths of health professionals as you enjoy some healthy snacks.

T-Shirts

All participants whose application is postmarked by October 30, 2009 will be guaranteed a T-Shirt.

Race Hotline

Fred Torres (973) 493-7410 Debbie Oliver (973) 470-5956

Event Coordinated by Elite Racing Systems Go to www.eliteracingsystems.com for race results and upcoming racing events.

