**6TH Annual**

**9/11 Tribute 5K Run - 1 Mile Walk**

### Saturday, July 4, 2009

**Race Information**

**Course:** Single loop entirely within Glen Rock beginning and ending

at Veteran’s Park on Main Street, USATF certified, water

stops, split times

**Registration:** 7:30-8:45am

**Run/Walk Start:** 9:00am (line-up at 8:50am)

**Fees:** $15 by 7/1/09

$20 after 7/1/09

$5 off per person for three or more family members registering

10 and under free

**Awards:** Top three overall male and female

# Top three Glen Rock finishers, male and female

14 and under, 15-19, 20 and older in ten year increments

## Youngest 5K finisher

**T-shirts:** to all pre-registered and while supplies last

**Results & Scoring:** www.eliteracingsystems.com

Net proceeds to benefit the GRACE fund, the IDA parade and a scholarship in memory of Glen Rock’s eleven 9/11 victims that is awarded yearly to a Glen Rock High School senior.

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Mail completed entry form to: Tribute Run/Walk, Theresa Roberts, 67 Waldron Ave, Glen Rock, NJ 07452

Make checks payable to: G.R.A.C.E.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Emergency phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Race day age:\_\_\_\_\_\_

5K Run \_\_\_ 1 Mile Walk\_\_\_ Male\_\_\_\_ Female\_\_\_\_\_

T-shirt size: small\_\_\_ medium\_\_\_ large\_\_\_ x-large\_\_\_

Amount enclosed: \_\_\_\_\_\_\_\_

I am voluntarily entering and assume all the risks associated with participation in this event. I agree to hold all organizers of this event harmless from present and future claims and liabilities arising out of my participation.

# Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(parent or guardian if participant is under 18 years old)

**Tribute Run/Walk Directions:**

From Rt. 208: Take Maple Ave North exit. Follow Maple Ave about a ½ mile and make a left on Rodney. Park is at the end of Rodney on your left across from the railroad tracks.

From the Garden State Parkway North: Take exit 160 (1st exit after the Bergen toll). Make a left at the end of the exit ramp. Go through three lights (pass Loehmann’s and Wendy’s on your right). Just after overpass make right following the signs for Rt. 4/Rt. 208 and Fair Lawn. The right will put you on Rt. 4 west. Take Rt. 4 west to Rt. 208 North and follow the above directions.

From Rt. 17: Take the Midwood Ave exit towards Glen Rock (west). Midwood Ave turns into Grove Street. Follow to Prospect St. (traffic light) and make left. Take Prospect St. to Rock Rd. and make a right. Take Rock Rd. to Maple Ave and make a left. Take Maple Ave to Rodney St. and make a right. Veteran’s Park is at the end of Rodney on your left across from the railroad tracks.

**Parking:**

There will be 4 areas for parking:

\*\*\*on Rodney St.

\*\*\*on Bradford St. (from Rodney – make a left on Birchwood then a right onto

Bradford. The park will be at the end of Bradford on your right)

\*\*\*at the Main Street train station lot – keep in mind that the parade will be running

down Rock Rd and this lot will be closed until the parade is

completed. This lot is ideal for people who intend to stay for the

parade.

\*\*\*at the Bergen train station lot (enter the lot from Maple Ave – by the Fire

Station/Municipal Building and across from Wilde Park - from the

lot, make a left onto Rock Road and walk down to Main Street.

Make left on Main and park is on your left)