

Race Day Specifics

**Race Day is Saturday,
October 10th 2009
Rain or Shine**

| | |
|----------------------------------------------------------------------------------------------------------------------------|---------------------|
| PRE REGISTRATION BY 10/1/2009 On Line or By Mail <i>(Tee Shirts To Pre Registrants)</i> | |
| \$20.00 | General Participant |
| \$15.00 | Youth (17 & Under) |
| \$18.00 | 2009 USATF members |
| POST REGISTRATION AFTER 10/1/09 OR ON EVENT DAY On line post registration ends 10/6/09 | |
| \$23.00 | General Participant |
| \$18.00 | Youth (17 & Under) |
| Individuals Participating in the Team Challenge must register no later than 10/6/09. Each member must register separately. | |

No Extra Charge For Team Challenge!!

| SCHEDULE | |
|-----------------|----------------------------------|
| 7:30 am | Registration & Check-In Opens. |
| 8:45 am | Registration closes. |
| 8:50 am | A Few Words & Line Up |
| 9:00 am | 5K Run !! |
| 10:00 am | Finish chute closes-Timing ends. |
| 10:45 am | Award Ceremony & Refreshments |

**Make Checks Payable to "PRC"
Mail to: Heart of the Highlands 5K
c/o Bev Puntolillo
51 Shadowy Lane,
West Milford, NJ, 07480**

Course Details



USATF Certified
USAFT# NJ07502JHP



Water Stops



"Out & Back" Route
Paved & Gently Rolling



Timing Split at Mile Marker 1
Timing by Compuscore

Age Group Categories

Awards will be given to 1st, 2nd & 3rd overall Males & Females. No duplicate awards for age group placement. Medals to 1st, 2nd & 3rd in the following age groups:

| | |
|------------|-----------|
| 10 & Under | 40-44 |
| 11 & 12 | 45-49 |
| 13 & 14 | 50-54 |
| 15-19 | 55-59 |
| 20-24 | 60-64 |
| 25-29 | 65-69 |
| 30-34 | 70-74 |
| 35-39 | 75 & over |

Amenities



Long sleeve tee shirts to 5K Run/Walk pre-registrants • Post event refreshments • Award ceremony • Age group awards • Results posted on-line by Compuscore.



Presents

**The Heart of The Highlands
5K Run/Walk
&
Team Challenge**

Saturday, October 10th, 2009

9:00 am 5K Run/Walk

**Held at Macopin Middle School
70 Highlander Drive.
West Milford, New Jersey**

**Directions, On-Line
Registration, Course Details:
www.active.com or
www.pequannockriver.org**



**Phone: (973) 835-0141
Official Sponsor**

About the Pequannock River Coalition

The Pequannock River Coalition is dedicated to the preservation of the Pequannock River Watershed as a natural, recreational, aesthetic and water supply resource. The PRC maintains its mission through advocacy, education, restoration work, scientific data collection and monitoring. You can learn more by visiting the website: www.pequannockriver.org

Directions

From Rt. 23 North or South, take Union Valley Rd Exit. Continue on Union Valley Rd. towards the center of town (approx 7 miles). Make a right at Stop sign (Macopin Rd). Continue on Macopin Rd (approx 3.3 miles). Make a left on Highlander Dr. Approx 600 ft. on the RIGHT is the Middle School. Ample parking in either school parking lot. Visit www.pequannockriver.org for additional directions.

Team Challenge

In addition to individual timing/scoring, we are introducing a non-sanctioned "Team Challenge". This is an open division, multi-category competition. To participate:

- ◆ Three or more people must pre-register using the same team name.
- ◆ Each registration entry, in addition to the team name, must declare the category the team is to race; Male; Female or Coed.
- ◆ Finish times of the first 3 people of each team are totaled for a team score. The 3 teams with the lowest score will place 1st, 2nd and 3rd in their category, respectively. Coed teams are required to have a member from each gender scored. Team members are also eligible for individual awards.

The following registration form is for **both** individual and team registration

| | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-----------------------------------------|-------|---------|
| Name: | | 2008 USATF # (If Applicable) | | |
| Street: | | | | |
| City: | | State : | | Zip: |
| Email: | | | | |
| Shirt Size (Adult): | Small | Medium | Large | X-Large |
| Age on race day: | | DOB: | | M / F |
| Team Name: (if participating with a team): | | Category (Circle One): Male Female Coed | | |
| <p>Please read and sign below to accept. I know that participating in a foot race is a potentially dangerous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with these events including, but not limited to, falls, contact with other participants, the effect of the weather, including extreme heat or cold, and/or humidity, wet surfaces, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the Pequannock River Coalition, West Milford Township, USATF and their respective agencies, employees, directors, volunteers, trustees, representatives and agents along with all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation. I am aware that the registration fee is nonrefundable. I am also aware that the course may be open to traffic and that the finish chute will close at 10:00 am.</p> | | | | |
| Participant's Signature or Guardian's Signature: (If participant is under 18 yrs old) | | | | |
| X | | Date: | | |
| For Official Use: Check # _____ Cash _____ PO# _____ PRC | | | | |