

# 9/11 Tribute 5K run/ 1 Mile Walk

Tuesday, July 4, 2006

## 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:** 7:30-8:40am

**Start time:** 8:55am

**Fees:** \$15 by 7/1/05  
\$20 after 7/1/05  
\$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

**Results & Scoring:** [www.bestrace.com](http://www.bestrace.com)

T-shirts to the first 200 applicants

Net proceeds to benefit the maintenance of the Glen Rock 9/11 Memorial as well as to fund the creation of a scholarship in memory of Glen Rock's eleven 9/11 victims to be awarded 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: \_\_\_\_\_

\_\_\_\_\_

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

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Race day age: \_\_\_\_\_

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

Male \_\_\_\_\_ Female \_\_\_\_\_

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 (1<sup>st</sup> 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.