

**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.

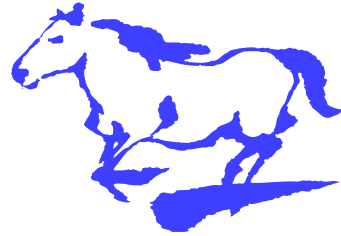
**From North:** Garden State Pkwy South to exit 154 Grove Street. Stay right on ramp. Make left onto Grove Street. Go ½ mile and make left onto Van Houten. Go 1 mile Municipal Complex is on left.

**From South:** Garden State Pkwy North to exit 154 Route 46 East. Take 1<sup>st</sup> 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.

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16<sup>th</sup> Annual  
**5k Stampede  
through Clifton  
and Health Walk**

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**Sunday, November 17, 2013  
Start Time 9:00 AM  
Clifton Municipal Complex  
Clifton, New Jersey**

Presented by the  
**Clifton Recreation Department**



**Gotham City Orthopedic, LLC**



**Clifton Roadrunners Club**



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

