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 1-½ 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 1st 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.

5k Stampede through Clifton

and Health Walk



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

Referrer:						
In consideration of your accepting this entry, I the above intending to be legally bound, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Clifton Recreation Department, the Race officials, sponsors, City of Clifton and their representatives, successors and assigns for any and for all injuries suffered by me in the said event. In addition, none of the above is responsible for the loss of neither personal items nor any other form of aggravation in connection with the said event. I attest and verify that I will participate in this event, that I am physically fit and have sufficiently trained for this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recording or any other record of this event for legitimate purpose.	SIGNATURE (PARENT OR LEGAL GUARDIAN IF UNDER 18 YEARS)	RACE DAY AGE SEX [M/F] PHONE DATE OF THE PHONE TO THE PH	CITY/TOWN	STREET ADDRESS	LAST NAME	1 O'TH ANNITAL SK STAMBEDE THROLIGH OF JETON - NOVEMBER 17 2013
	DATE	DATE OF BIRTH	STATE		FIRST NAME	TION I NOVEMBE
nd release any and all rights and claims for ors and assigns for any and for all injuries on in connection with the said event. I attest	T-SHIRT SIZE	POLICE FIRE MD/DC EDU. SP. NEED	ZIP CODE	RUNNER WALKER		0 17 0012

16th Annual

5k Stampede through Clifton

5k Race and Health Walk Sunday, November 17, 2013 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

\$18.00 postmarked by 11/12/2013 (\$13.00 for youth with valid Student ID) \$23.00 after 11/13/2013 and day of race (\$18.00 for youth with valid Student ID)

All individuals that participated in the 2012 Stampede can receive a \$5.00 discount on this year's race, by registering a friend (who did <u>not</u> compete in 2012). In order to receive the discount, you and your friend must register at the same time, either by mail or in-person only.

Maximum discount = 3 friends

Mail checks (made payable to Clifton Recreation and entries to:

Clifton Recreation Department 900 Clifton Avenue Clifton, NJ 07013

Or register online at: www.cliftonrec.com



Event Schedule

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

Age Categories for Race

10 and under	30 – 34	55 – 59
11 - 14	35 - 39	60 - 64
15 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 - 99
25 - 29	50 - 54	

^{*} No duplicate awards

Awards

Top Overall Male and Female

Top three Male & Female in each Age Category

Additional Awards: 1st place - Police Officer, Firefighter, Doctor/Chiropractor, Educator and Family. Individuals with Disabilities will receive special recognition at the awards presentation after the race. Please check the appropriate box, for the above categories, when completing the application. Additional recognition will be made for the oldest and youngest participants and the health facility with the most referred participants. (Include name of referring health facility in the space provided on application).

After the race there will be music & raffles 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 29 will be guaranteed a T-Shirt.

Race Hotline

Debbie Oliver (973) 470-5956

