



25th Annual

Giraldafarms Run

10K, 5K & Fun Runs | 10K Certified Course #NJ08513JHP | 5K Certified Course #NJ08514JHP

When Sunday, November 8, 2009

9:30 Registration Opens; Arrive before 11:00 AM for packet pick up or Post Registration to avoid traffic and parking delays

11:15 ¼ Mile Fun Run Begins

12:00 5K & 10K Races Begin

Where Giraldafarms, Madison, NJ (see other side for directions)

Masters Championships USATF-NJ 2009 Masters Men and Women 10K Championships

Individual Awards 10K Open Male and Female: 1st \$200, 2nd \$150, 3rd \$100, 4th \$50, 5th \$25

(no duplicate awards) 10K Masters USATF-NJ WAVA age graded male and female:

1st \$200, 2nd \$150, 3rd \$100, 4th \$75, 5th \$50, 6th \$50, 7th \$25, 8th \$25

10K and 5K age group awards: 1st, 2nd, and 3rd male and female (<15, 15-19, 20-29 and 5-yr age groups through 80+)

Team Awards USATF-NJ Masters 10K: Visit www.usatfnj.org/ldr for rules

Non-USATF Open 10K, Open 5K & Corporate 5K teams WAVA age & gender equalized

Prizes to top 3 three-person teams in each category (Runners can only be on one team)

USATF-NJ team competitors cannot be on Corporate or non-USATF teams)

Parent/Child Team Four Parent/Child WAVA age equalized prizes in 5K (no age restrictions)

Pick one: Father/Son, Father/Daughter, Mother/Son, Mother/Daughter

Parent and Child entries must be received together; pre-registration required

Individual Registration Register at www.active.com or mail this form with a check payable to:

Giraldafarms Run, 85 Canterbury Road, Chatham, NJ 07928

10K & 5K \$15 (\$13 for USATF) Postmarked by 11/2. \$20 after 11/2 and at Post Registration

Fun Run \$3

Team Registration Register for Non-USATF Open/Corp Teams as part of individual registration; pre-registration required

T-Shirts Long sleeve T's to all 10K and 5K Pre-Registrants and to Post-Registrants while supplies last

For more information see www.GiraldafarmsRun.com or www.active.com or call (973) 635-5709. No head phones, dogs, rollerblades, baby joggers, etc. please.



New Jersey Grand Prix Event 700 Points

10K=700 POINTS

5K=500 POINTS



Rose City Runners Club Gives a Special Thank You to our Sponsors:

GRC Management Corp, Maersk Inc., RexCorp Realty, Wyeth and Open Spaces Mgmt Association

LAST NAME: FIRST:

ADDRESS:

CITY: STATE: ZIP:

✓ 10K: 5K: FUN RUN: SEX: M OR F HOME PHONE:

AGE ON 11/8/09: BIRTH DATE: M M D D Y Y USATF#:

E-MAIL:

Team Category (if applicable, not for USATF Teams): TEAM NAME:

Open 10K Open 5K Corporate 5K TEAM CAPTAIN:

5K Parent/Child teams (pick one): Father/Son Father/Daughter Mother/Son Mother/Daughter

IN CONSIDERATION OF THIS BEING ACCEPTED, I, THE UNDERSIGNED INTENDED TO BE LEGALLY BOUND, HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS I MAY HAVE AGAINST ROSE CITY RUNNERS CLUB, GRC MANAGEMENT CORP, REXCORP REALTY, OPEN SPACES MGMT. ASSOC., MAERSK INC., WYETH, OR THEIR REPRESENTATIVES, SUCCESSORS OR ASSIGNEES FOR ANY INJURIES THAT MAY BE SUFFERED BY ME IN THIS EVENT. I HEREBY CERTIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT.

SIGNATURE:

PARENT/GUARDIAN (UNDER 18):

DIRECTIONS: GIRALDA FARMS IS LOCATED ON NJ 124, APPROX. 1 MILE WEST OF DOWNTOWN MADISON AND 2.5 MILES EAST OF I-287. ENTRANCE IS AT DODGE DRIVE AND ADDRESS IS 5 GIRALDA FARMS. ARRIVE BEFORE 11:00 A.M. TO AVOID TRAFFIC AND PARKING DELAYS.

FROM THE EAST: TAKE I-78 TO EXIT 48, NJ 24 & 124 WEST (SPRINGFIELD/MORRISTOWN). TAKE 24 WEST FOR 3.5 MILES AND TAKE EXIT 7B-A "124 WEST CHATHAM" AND BEAR RIGHT ONTO MAIN ST. CONTINUE ON MAIN ST. THROUGH CHATHAM AND INTO MADISON (APPROX. 3 MILES). WHEN THE ROAD FORKS, BEAR LEFT ONTO MADISON AVE, GOING UNDER THE RAILROAD TRACKS. CONTINUE ON MADISON AVE FOR 1 MILE UNTIL YOU REACH THE LIGHT AT DODGE DRIVE. STAY IN THE RIGHT HAND LANE, GIRALDA FARMS WILL BE ON THE LEFT, BUT YOU MUST ENTER VIA JUG HANDLE TURN.

FROM THE WEST: TAKE US 46, OR NJ 10 EAST TO I-287 SOUTH, THEN FOLLOW "FROM THE NORTH" OR TAKE I-78 EAST TO I-287 NORTH AND FOLLOW "FROM I-287" DIRECTIONS BELOW.

FROM THE SOUTH: TAKE I-287 NORTH TO EXIT 35 (NJ 124, SOUTH ST. MADISON AVE). MAKE A LEFT AT THE LIGHT AT THE END OF THE RAMP AND FOLLOW SIGN TO 124 EAST. TURN RIGHT AT STOP SIGN ONTO 124 EAST (MADISON AVE). FOLLOW "FROM I-287" DIRECTIONS BELOW.

FROM THE NORTH: TAKE I-287 SOUTH TO EXIT 35 (NJ 124/MADISON AVE). TURN LEFT AT THE LIGHT AT THE END OF THE RAMP ONTO NJ 124 – MADISON AVE. CROSS OVER I-287 AND PROCEED AS "FROM I-287" DIRECTIONS BELOW.

FROM I-287: CONTINUE ON 124 EAST (MADISON AVE) THROUGH LIGHT AT MORRISTOWN HOSPITAL. CONTINUE FOR 2.4 MILES THROUGH FOUR ADDITIONAL LIGHTS. AT THE FIFTH LIGHT TURN RIGHT INTO GIRALDA FARMS.



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