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.

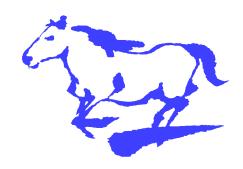
From West: Route 80 East to Route 46 East. Proceed to Route 3 East. Go ½ mile. Exit at Broad Street. Make left at exit ramp light. Go 1-¼ miles to Van Houten Avenue. At light (with Adam's Bagel and Deli on corner) make right onto Van Houten Ave. Go ½ mile. Complex is on left.

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 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 23, 2008 Start Time 9:00 AM Clifton Municipal Complex Clifton, New Jersey

Presented by the Clifton Recreation Department and Elite Racing Systems



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

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, Elite Racing Systems, the Race officials, sponsors, City of Clifton and their representative, 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.	I CANNOT PARTICIPATE IN THE RACE, BUT HERE IS MY DONATION: \$ (TO BENEFIT THE CLIFTON HIGH SCHOOL TRACK TEAM)	SIGNATURE DATE T-SHIRT SIZE (PARENT OR LEGAL GUARDIAN IF UNDER 18 YEARS)	LAST NAME LAST NAME STREET ADDRESS CITY/TOWN RACE DAY AGE RACE DAY AGE SEX [M/F] AREA CODE PHONE DATE OF BIRTH POLICE FIRE MD/DC FIRST NAME RUNNER WALKER STATE DATE OF BIRTH POLICE FIRE MD/DC

11th Annual

5k Stampede through Clifton

5k Race and Health Walk Sunday, November 23, 2008 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

\$15.00 postmarked by 11/17/2008 (\$10.00 for youth with valid Student ID) \$20.00 after 11/18/2008 and day of race (\$15.00 for youth with valid Student ID)

\$10.00 for all walkers by 11/17/2008 \$15.00 after 11/18/2008 and day of walk

All runners who competed in the 2007 Stampede can receive a \$5.00 discount on this year's race, by registering a friend (who did not compete in 2007). In order to receive the discount you and your friend must register at the same time.

Maximum discount = 3 friends

Please make checks payable to: **Clifton Recreation Department**

Mail checks and entries to: **Clifton Recreation Department** 900 Clifton Avenue Clifton, NJ 07013











Event Schedule

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

Age Categories for Race

10 and under	40 - 49
11 - 14	50 - 59
15 - 19	60 - 69
20 - 29	70 - 99
30 - 39	* No duplicate awards

A photographer will be available for action shots at an additional cost. Sign up on the day of the race.

Awards

1st place Overall Male and Female

1st, 2nd & 3rd place Male and Female in each Age Category

Additional Awards: 1st place Police Officer, Firefighter, Doctor/Chiropractor and Family; plus gifts for the oldest and youngest participants and the health facility with the most referred participants. (Please place name of referring health facility in the space provided.) No awards for walkers

After the race there will be a raffle for great prizes as well as our annual turkey giveaway. Visit the various booths of health professionals as you enjoy some healthy snacks.

T-Shirts

To all pre-registered competitors. Post-registered competitors while supplies last.

Race Hotline

Fred Torres (973) 493-7410 Debbie Oliver (973) 470-5956

> **Event Coordinated by** Elite Racing Systems

Go to www.eliteracingsystems.com for race results and upcoming racing events.









