



15K – 700 Points
5K – 500 Points

These races are scenic with lots of water stops and awards.

Time:

- Saturday, April 24, 2010
 - 1 Mile at 9:00 am
 - 5K at 9:30 am
 - 15K at 9:30 am

Place:

Bundt Park
10 Red School House rd
Lebanon, NJ 08833

Events:

- Music
- Food
- Long Sleeve T-Shirts
- Cash awards for 15K overall and USATF-NJ winners. No duplicity. Monetary size determines award.

**All net proceeds will be used to support the
Clinton Township Recreation Department**

Register online at: <http://www.countryrun.us> or register by mail using the form below
For questions contact: John Lertola, (908) 812-4806 or send email to johnlertola@comcast.net

Clinton Township Country Run 2010

Name			Sex (Circle) M F		
Address			Age (on Race Day)		
City	State	Zip	Date of Birth		
Email Address			2010 USATF-NJ#		
<i>Please Circle one T-Shirt Size</i>					
Adult Extra Large	Adult Large	Adult Medium	Adult Small	Kids Medium	
Please select one and make check payable to: <u>Clinton Township Parks and Recreation</u> , 1225 Route 31 South, Suite 411, Lebanon, NJ 08833					
	Pre-Registration by April 22			After April 22	
	Adult	USATF-NJ	Ages 17 & Under	Adult	Ages 17 & Under
15 K	\$30	\$28	\$25	\$35	\$30
5 K	\$25	\$23	\$20	\$30	\$25
1 Mile	\$15	\$15	\$12	\$20	\$15

WAIVER/RELEASE: In consideration for my registration being accepted and my being allowed to participate in the above event, I hereby, for myself, my heirs, executors and administrators, waive, release and give up any and all claims and rights which I may have, now or at any time in the future against USATF-NJ, the Township of Clinton, its staff, officers, elected officers, consultants, volunteers, or any others involved in the above event and their successors and assigns for all personal injury, bodily injury, death or property damage which may be suffered by me in or from the above event. I confirm that I am physically able to participate in the above event and grant the Township of Clinton the unlimited right to use my likeness in any photographic record of the above event.

Signed	Date
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Parent/Guardian Signature if participant is under 18 years of age

Directions

If you are using mapquest or google maps the park address is 10 Red School House Road, Lebanon, NJ 08833

Coming East from PA

- Take 78 east to Exit 17, Rt 31 South
- Follow 31 South for 3 miles
- Make Right on Red School House Rd.
- Make First Right into Bundt park

Coming West from NY

- Take 78 West to Exit 17, Rt 31 North
- Take first exit and follow U turn signs for Rt 31 South
- Follow 31 South for 3 Miles
- Make Right on Red School House Rd
- Make First right into Bundt Park.

Coming South from Washington Township

- Follow 31 South
- Pass Route 78
- Follow 31 South for 3 Miles
- Make Right on Red School House Rd
- Make First right into Bundt Park.

Coming North from Trenton

- Take 95 North to Route 31 North
- Take 31 North through Flemington into Clinton Township
- Take U-turn at Molasses Hill Rd and head to Rt 31 South
- Make First Right on Red School House Rd
- Make First right into Bundt Park.