

PowerBar

City of Rahway
Mayor Rick Proctor

DIVISION OF PARKS & RECREATION
Presents

**The 11th Annual Mayor's Trophy 5K Run
One Mile Run/Walk & 100 yards Pee Wee Run
Monday, May 30th, 2011
*\$1000 IN PRIZE MONEY***

DATE: Monday, May 30, 2011 (Memorial Day - Rain or Shine)
Rahway City Hall Complex
3 City Hall Plaza, Rahway, New Jersey.

TIME: 9:00am 1 Mile Fun Run/Walk
9:30am Pee Wee 100m Run
9:45 Mayor's Trophy 5K Run & Wheelchair Athletes

COURSE: Out and back, Flat, Fast, Scenic. Traffic controlled,
Water stops, Mile splits.

TIMING: Digital clock and electronic timing. Computerised Results

AWARDS: Prize Money to the top three Open male and female.
(\$250-\$150-\$100) in the 5K (Runners Only).

Trophies to the top three in 10 year age group.
(Ages 13 and under 14-19, 20-29, 30-39, 40-49, 50-59,
60-69, 70-79 and 80+) Trophies to the top three Rahway
Residents & Wheelchair Athletes, Male and Female.

I MILE AWARDS: Trophies to the top three overall male and female

REGISTRATION: Pre-registration 5K by May 20, 2011 - \$15:00

Pre-registration 1 Mile by May 20, 2011 - \$ 12:00

Free for Pee Wee Runners. (Ages 6 and under)

Post Registration: Mayor's Trophy 5K - \$20:00

Mile Fun Run & Walk - \$15:00

AMENITIES: Post race fruits, water etc.
Bathroom facilities inside the Recreation Center.



A race of choice for international runners and runners who want run fast - Come Run Your PR



OTHER SPONSORS



RoadID.com



RUNNER'S WORLD



DIRECTIONS TO THE RACE & ENTRY FORM ONLINE GO TO - www.cityofrahway.com

Directions: From Garden State Parkway (GSP) Southbound: Take exit 135 (Clark, Westfield), follow signs for Brant Ave., Rahway. Turn left at the traffic light onto Westfield Ave. Go approximately 1.5 miles, cross over St. George's Ave. and turn right at the traffic light onto Irving St. Go to the next stop sign, turn left onto East Milton Ave. Go to next light (Rahway Post Office & City Hall) make right onto Main St. Make left onto City Hall parking lot, Recreation Center is forward on the opposite side of parking lot.

Directions: From Garden State Parkway (GSP) Northbound: Take exit 135 (Clark, Westfield), and immediately bear right onto Brant Ave. Turn left at first traffic light (Westfield Ave.) and proceed as above.

New Jersey Turnpike: North and Southbound: Take exit 12 (Carteret/Rahway) and follow signs for Route 1/Rahway head West on Roosevelt Ave., which turns into Randolph Ave. Turn right at the traffic light onto Woodbridge Road. At the next light, turn left onto East Hazelwood Ave. Turn right at the next light onto Main St. Go through the following light make right into Rahway City Hall, Recreation Center ahead opposite side of parking lot.

Route 1 South: Follow Route 1 South pass Merck & Co., make right at traffic light (E. Milton Ave.). Go through next traffic light (E. Milton & Lawrence Sts.) Over small bridge Recreation Center on the left, make left into parking lot (before Police Department).

Route 1 North: Follow Route 1 North (Avenel, Rahway) passed Sansone Car Dealership, stay in right lane and exit off ramp. Stay in left lane make left at the stop sign (W. Hazelwood Ave.) Continue to first traffic light (Main St.) Make right, pass Center Circle Indoor Facility, make right into City Hall parking lot, Recreation Center is straight ahead.

BY PUBLIC TRANSPORTATION:

By Bus from Port Authority, New York City: Take the #115 Bus (New Jersey Transit) to Rahway. Ask the Bus driver to let you off at Rahway Post Office or Rahway City Hall. Or Path Train to Newark Penn Station then the 62 Bus (Woodbridge) get off at Rahway Post Office or Rahway City Hall.

By Train from New York City 34 Street (Penn Station) or Newark Penn Station: Take the New Jersey Transit train outbound (New York - Newark to Trenton) and get off at Rahway Station. The race starts in front of City Hall 200m from the Train Station.

ENTRY FORM _____ USATF # _____

Last name	First name	Sex	Age	Birthdate
Address: Street		City	State	Zip
_____		S M L XL	One Mile 5K	Wheelchair Pee Wee

(Area code) phone number (T-shirt size - Post Registration while supplies last)

Make checks payable to City of Rahway and mail to Rahway Recreation 3 City Hall Plaza, Rahway, NJ 07065
ONLINE REGISTRATION GO TO WWW.CITYOFRAHWAY.COM AND FOLLOW THE WEB LINK.

Waiver: In consideration of this entry being allowed to participate in this racing event, I personally assume all risks in connection with this race. I release the City of Rahway, Event staff, USATF, sponsors and their representatives, entertainers at the event, and successors from any claim by me or my family, estate, heirs or assigns, for injury or damage which may occur to my participating in the race. I do hereby grant and give these groups the right to use my or my child's photographs, image or video with or without my child's name both single or in conjunction with other persons or objects for any and all purposes including, but not limited to private or public presentations, advertising, publicity and promotions relating thereto. I warrant that I have the right to authorize the foregoing using and do hereby agree to hold the City of Rahway harmless. I have signed the release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm here that I am physically fit and qualified to participate in this race and I am at least 18 years of age and have had this signed by my guardian if I have not yet reached age 19.

Signature: _____ Date: _____ Participant Parent Guardian