



**7th Annual
9/11 Tribute
5K Run
2K Junior Run
1 Mile Walk**

Monday, July 5, 2010

9:00 am

**Veterans Park
Glen Rock, NJ**

- ★ D-TAG Timing System
- ★ Tribute Run/Walk T-shirt
- ★ Refreshments/Rita's Water Ice/DJ
- ★ Last mile follows Glen Rock's Independence Day Parade route



Race Information:

5K (8 years and older): the course is a USATF Certified, single loop in Glen Rock beginning and ending at Veterans Park on Main Street, 2 water stops, split times

2K Junior Run for 10 and under (parents welcome to run with children): the course is a single loop beginning and ending at Veterans Park on Main Street

Registration: 7:30am - 8:45am

Run (5K and 2K) and Walk start time:
9:00 am (8:55am line-up)

Fees:

5K Fees: By 7/1/10 \$20; After 7/1/10 \$25

2K Fees: By 7/1/10 \$10 individual \$20 family (3+ people) After 7/1/10 \$15 individual \$20 family (3+ people)

Walk: donation

Awards:

5K Awards: Top three overall male and female; Top GR finishers, male and female; 14 and under, 15-19, 20 and older in ten year increments; no repeat winners

2K Awards: Top three overall male and female; Ribbons to all finishers

Results & Scoring:

Both runs will utilize the new DTAG timing system

www.eliteracingsystems.com

T-shirts:

To first 500 registrants

Bag check available

For more information:

Tributerun.org • info@tributerun.org

Grand:

Tarvin Realtors
Glen Rock Savings Bank

Mile Marker:

Sinkway Bros., Inc.
Sasha Hair and Day Spa
NJ Lenders Corp. - Charles Shulman
Heart & Soul Rehabilitation

Gold:

Dermatology Associates
John's Boy Pizzeria
The Morgan Family

Silver:

Gracie Cleaners
Ho-Ho-Kus Dental Associates
Atlantic Mechanical
Rinbrand Well Drilling Co., Inc.
Kilroys Wonder Market
JT's Wine & Spirits
Bagel Gourmet
Rita's Ice Water
Ridgewood Running Co.
Beekman Wines & Liquors
American Colors
Glen Rock Construction, Inc.

G.R.A.C.E. was established shortly after September 11th, 2001 to provide assistance to family members of those who died in the terrorist attacks. Through the efforts of G.R.A.C.E. a memorial was erected in Veterans Park to honor the lives lost that tragic day. The Tribute Run/Walk began in 2003 as yet another way to remember our deceased loved ones. Net proceeds of the event benefit the G.R.A.C.E. Fund and activities of remembrance, the IDA parade and a yearly scholarship awarded to a Glen Rock High School Senior in memory of Glen Rock's eleven victims.

Tribute Run/Walk Directions

From Rt. 208: Take Maple Ave. North exit. Follow Maple Ave. about 1/2 mile and make a left on Bradford Street. Park is at the end of Bradford on your right across from the railroad tracks.

From Garden State Parkway North: Take exit 160 (1st exit after Bergen toll). Make left at end of exit ramp. Go through three lights (pass Loehmann's & Wendy's on your right). Just after overpass make right - following signs for Rt. 4 Rt. 208 & Fair Lawn. The right will put you on Rt. 4 West. Take Rt. 4 West to Rt. 208 North and follow above directions.

From Rt. 17: Take Midland Ave. exit towards Glen Rock (west). Midland Ave. turns into Grove St. Follow to Prospect St. (traffic light) and make left. Take Prospect St. to Rock Rd. and make a right. Take Rock Rd. to Maple Ave. and make left. Take Maple Ave. to Bradford St. and make a right. Veterans Park is at the end of Bradford on your right across from the railroad tracks.

Parking:

- * Bradford Street
- * Main Street Train Station parking lot: keep in mind that the parade will be traveling down Rock Road and this lot will be closed until the parade is completed. This lot is located off Rock Rd. and is ideal for people who intend to stay for the parade.
- * Bergen Train Station parking lot: accessible from either Maple Ave. (by the fire house/municipal building) or Rock Rd. (by the municipal building). From the lot, make a left onto Rock Rd. and walk down to Main St. Make a left on Main and the park is on your left.

Make checks payable to G.R.A.C.E. and mail completed entry form to:

Tribute Run/Walk
c/o Theresa Roberts
67 Waldron Ave.
Glen Rock, NJ 07452

Name: _____

Address: _____

Phone: _____

Email: _____

Date of birth: _____ Race Day Age: _____

5K Run ___ 2K Junior Run ___ 1 Mile Walk ___

Male _____ Female _____

T-shirt size: S M L XL

I am unable to participate, but would like to make a contribution \$ _____

I do not consent to having my picture taken to possibly be published with name in the local paper or posted on the Tribute Run website.

All registrations are nontransferable and non-refundable.

Waiver: I am voluntarily entering the 9/11 Tribute Run/Walk and assume all the risks associated with participation in this event. I agree to hold all organizers of this event harmless from present and future claims and liabilities arising from my participation.

Signature: _____
(parent or guardian if participant is under 18 years old)

Date: _____