

Register Now for, October 14, 2007 • Register Online at active.com

OR

Complete application immediately and mail with check or money order to:

Atlantic City Marathon. P.O. Box 2181 . Ventnor, New Jersey 08406-0181
MAKE CHECKS PAYABLE TO BOARDWALK RUNNERS - AC MARATHON



ALL RACES START AT 8:30 AM

49TH Annual Atlantic City Marathon

Check the race you will be running

_____ MARATHON (26.2 Miles)

Early Entry Fee \$50.00 by 9/15/07
Late Entry \$60.00, Race Day \$75.00.

_____ MARIA BERENATO KUGEL WALK

To Benefit The Alcove Center - - (2 miles):
Early Entry Fee \$20.00 by 9/15/07
Late Entry \$25.00, Race Day \$40.00.

_____ HALF MARATHON (13.1 Miles)

Early Entry Fee \$40.00 by 9/15/07
Late Entry \$50.00, Race Day \$55.00.

_____ FREDA SPANO KIDS FUN RUN

Ages 2-10, All kids are winners): -- FREE --

_____ 10K (6.2 Miles)

Early Entry Fee \$25.00 by 9/15/07
Late Entry \$30.00, Race Day \$40.00.

_____ 5K (3.1 Miles)

Early Entry Fee \$20.00 by 9/15/07
Late Entry \$25.00, Race Day \$40.00.

_____ RACE DAY FEES: MARATHON \$75.00 • 1/2 \$55.00 • 10K \$40.00 • 5K \$40.00 • WALK \$40.00

_____ (MARATHON ONLY) WHEEL CHAIR COMPETITION (Check if applicable) **NO REFUNDS**

*** BOARDWALK RUNNERS CLUB MEMBERS DISCOUNT - UNTIL 6/15/07**

Last Name: _____ First Name: _____ Middle Inti. _____

Address: _____

City: _____ State: _____ Zip Code: _____

Date of Birth: ____/____/____ Age on 10/14/07 Occupation: _____

Telephone Day: _____ Telephone Night: _____ Email: _____

Sex: - _____ Male _____ - Female _____ Team (if applicable):----- : Boardwalk Runners Club Member Number: _____

No refunds. Race organizers reserve the right to close registration prior to deadline if limit is reached.

WAIVER OF LIABILITY: WAIVER MUST BE SIGNED BY ALL ENTRANTS. I know running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather, \. including high heat or humidity, conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Boardwalk Runners Club, the Cities of Atlantic City, Ventnor, Margate, Longport, County of Atlantic, State of New Jersey, other communities, all volunteers, all sponsors, their representatives, successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent if under 18) _____ Date _____

COMPLETE THIS PART OF THE FORM ONLY IF YOU ARE RUNNING THE MARATHON Best Previous Time:
_____ (Hrs:Min:Sec) • Predicted Time: _____

For more information - www.atlanticcitymarathon.org

Fax 609-823-7694, E-mail: ACMARATHON@AOL.COM

or write the BOARDWALK RUNNERS CLUB, P.O. BOX 2181, VENTNOR, NJ 08406-0181

BARBARA ALTMAN, RACE DIRECTOR

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Running Events continued from page 72

11/25/2007 Smithville NJ - Johnnie's Run, 5k, 12 noon, 1 mile, 11:30am, 609-652-7131 cormac@dixonassociates.com

11/25/2007 Middletown NJ - Navesink Challenge, 15k, 10am, 5k, 10:10am, 732-542-6090 drzurheide@aol.com

12/1/2007 Wappingers Falls NY - 28th Annual Knights Of Columbus Holiday Run, 5mi, 11am, 1 mile 10:30, 845-297-7950

12/9/2007 Malvern PA - 18th Annual Jingle Bell Run 5K Run/Walk, 5k, 10am, 215-574-3060 clutz@arthritis.org

12/9/2007 West Windsor NJ - USATF-NJ 15K Championship, 15k, 11am, 973-334-8900 Usatfnj@usatfnj.org

12/16/2007 Fairfield CT - Holiday Run for the Kids, 5k, 9am, 203-895-6343 mrunningproductions@yahoo.com

12/29/2007 Asbury Park NJ - 44th Annual Polar Bear Race, 5mi Run, 1pm, 10mi Racewalk, 10am, 732-222-9080 elliottden@aol.com

Multi Sport Events



7/14/2007 Vincentown NJ - Vincentown Sprint Triathlon/Duathlon, 1/4 mile or run 2 miles, Bike 16 miles, run 5k, 8am, 856-858-7835 cisellers@comcast.net

7/14/2007 Mays Landing NJ - Lake Lenape Triathlon, 1/4 mile swim, 10.2 mile bike, 3.2 mile run, 8am, 609-487-3689 ironmanclancy@excite.com

7/14/2007 Bridgeton NJ - Sunset Sprint Triathlon/Duathlon, 1/2 mi swim, 16 mi bike, 5k run, 8:30am, 2 mile run, 16 mile bike, 5k run, 856-696-3924 wilsonb@sjhs.com

7/15/2007 Hartford CT - Capitol City DIRT Triathlon, 1/2 mile swim, 4 mile run, 10 mile bike, 8am, 860-652-8866 beth@hartfordmarathon.com

7/15/2007 Avon NJ - Avon Run-Swim-Run, 1/2 mile Beach run, 500 yard Ocean swim, 1/2 mile Beach run, 732-502-4507 loonifer@yahoo.com

7/15/2007 Jim Thorpe PA - Anthracite Triathlon, 1.5 k swim, 40k bike, 10k run, 7:30am, 570-645-8553 anthracitetriathlon@hotmail.com

7/21/2007 Black Creek Twp PA - PAA Summer Biathlon Series, 5k run, 2 shooting stops, 570-788-4219 barbara@ccomm.com

7/22/2007 Windsor CT - SummerWind Duathlon, 5k run, 30k bike, 5k run, 860-652-8866 beth@hartfordmarathon.com

7/22/2007 Kingston NY - 11th Annual Hudson Valley Tri/Bi-Athlon, .3 mile swim or 1 mile run, 16 mile bike, 3 mile run, 8am, 845-247-0271

7/22/2007 Mercer Cty Park NJ - New Jersey State Triathlon, 1.5K swim, 40K bike, 10K run, or 500m swim, 12.5 mile bike, 5K run, 7:30am, 856-308-7523 iredrow@cgiracing.com

7/25/2007 Shamong NJ - Pine Barrens No Frills Splash & Dash Training Race, 1/2 mile swim, 3.1 mile run, 1 hour limit, 6:30pm, 856-784-6000 info@pinebarrenstri.org

7/28/2007 Port Republic NJ - Jersey Genesis Triathlon, 1/2 mile swim, 16 mile bike, 4 mile run, 8am, 609-652-6154 JerseyGenesisTri@aol.com

7/28/2007 Port Republic NJ - Bambino Biathlon, 1/4 mile run, 2 mile bike, 1/4 mile run, 8am, 609-652-6154 JerseyGenesisTri@aol.com

7/29/2007 Long Branch NJ - Long Branch Sprint Triathlon Series-2, .5k swim, 9.5 mile bike, 3 mile run 6:45am, 732-614-6028 raceinfo@sandyhookers.org

7/29/2007 Vernon NJ - 5K Summer Biathlon - Run and Shoot - Garden State Games, 5K trail run + 2 Shooting stops; 8am clinic, 9am race, 908-722-9327 chrispr3@verizon.net

7/29/2007 Winchendon MA - Massachusetts State Triathlon, .5 mile swim, 12 mile bike, 3.1 mile run or .9 mile swim, 24 mi bike, 6.2 run, 617-663-5720 trichmond@maxperformanceonline.com

7/29/2007 Staten Island NY - The Staten Island Flat as a PANCAKE Sprint TRI & LUMPY PANCAKE Olympic Distance Tri, 1/4 mile swim or 2 mile run, 12 mile bike, 5k run or .93 swim, 24 mile bike, 10k run, 10am, 732-841-2558 greenbrookracing@aol.com

8/4/2007 Brigantine NJ - Brigantine Island Triathlon, 1/4 Mi Sw, 11 Mi Bike, 4 Mi Run, 8am, 609-487-3689 IRON-MANCLANCY@EXCITE.COM

8/4/2007 Hackettstown NJ - Genesis Adventures Sprint Adventure Race #4 - ALLAMUCHY, 20+ miles (mountain biking/trail running/Kayaking) 9am, 203-262-3376 info@genesisadventures.com

8/4/2007 Tuckahoe NJ - Upperman Duathlon, 3.1 mile run, 15 mile bike, 3.1 mile run, 718-484-4816 racedirector@citytri.com

8/5/2007 Niantic CT - Niantic Sprint Tri, 1/2 mile swim, 12 mile bike, 5k run, 7:30am, 860-652-8866 beth@hartfordmarathon.com

8/8/2007 Shamong NJ - Pine Barrens No Frills Splash & Dash Training Race, 1/2 mile swim, 3.1 mile run, 1 hour limit, 6:30pm, 856-784-6000 info@pinebarrenstri.org

8/12/2007 Marlton NJ - DQ Triathlon at Kings Grant, 1/4 mile swim, 10 mile bike, 5k run, 8am, 856-858-7835 cisellers@comcast.net

8/12/2007 Central Park NY - 20th Annual Central Park Triathlon, 1/4 mile swim, 12 mile bike, 3 mile run, 8am, 845-247-0271

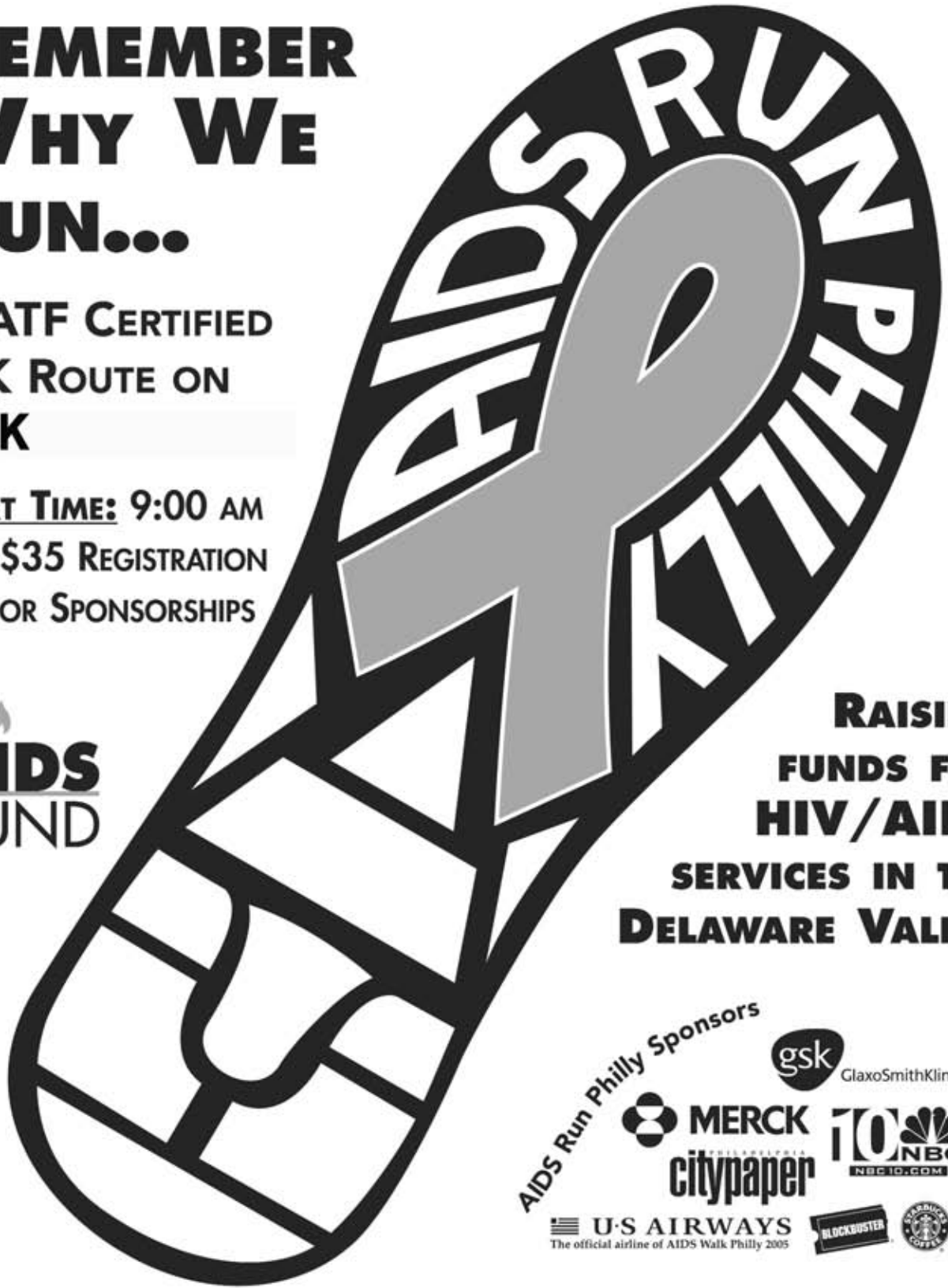
8/12/2007 New Hartford CT - Litchfield Hills Olympic Triathlon, 1.5k swim, 40k bike, 10k run, 7:30, 860-652-8866 beth@hartfordmarathon.com

REMEMBER WHY WE RUN...

USATF CERTIFIED
10K ROUTE ON
MLK

START TIME: 9:00 AM
FEE: \$35 REGISTRATION
OR SPONSORSHIPS


AIDS
FUND



**RAISING
FUNDS FOR
HIV/AIDS
SERVICES IN THE
DELAWARE VALLEY**

AIDS Run Philly Sponsors



Sunday, October 14, 2007

For more information, visit: www.aidswalkphilly.org OR call: 215-731-WALK

Schedule

8:00 am	Registration Begins
9:30 am	5K Start
10:10 am	1 Mile Ramble
	Run/Walk/Wheel/Stroll
10:30 am	Kids' Dashes

Registration

By mail or online at www.practicehard.com

Entry Fees

5K	by October 15	\$18
	USATF Members	\$15
	After October 16 and on race day	\$20
1 Mile Ramble		\$10
Kids' Dashes		\$7



Sponsored by:
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**CPL 5th Annual
5K-Breakfast Run**

Saturday, October 20, 2007



LOCATION
 Cerebral Palsy League
 61 Myrtle Street
 Cranford, NJ 07016

INFORMATION
 WWW.OYMP.NET
 732-381-0318

Free Continental Breakfast
 Family Fun
 Custom Designed T-Shirt
 Awards
 Random Prizes

Course

5K—USATF certified, flat, fast, through
 Commerce Business Park
 Kids' Dashes—Ages 2-11, 30—200 yards
 "Field of Dreams" track

Awards

5K - 1, 2, 3, Overall & Age Groups,
 Male & Female & Age Groups
Age Groups
5 years -14 & under to 75 & over
 1 Mile Ramble - Ribbon to all Ramblers
 Kids' Dashes - Ribbon to all Finishers

_____ 5K \$18 by October 15 _____ 5K \$15 USATF members _____ 5K \$20 After October 15 and on race day
 _____ 1 Mile Ramble \$10 _____ Kids' Dashes \$7

Adult T-Shirt Size ___ M ___ L ___ XL Kids T-Shirt Size ___ YS ___ YM ___ YL

Checks payable to: The Cerebral Palsy League
 Mail to: The Cerebral Palsy League 61 Myrtle Street Cranford, NJ 07016

First Name _____ Last Name _____
 Street _____ City _____ State _____ Zip _____
 Phone _____ Date of Birth _____ Age on Race Day _____ 2007 USATF# _____

I am unable to participate but would like to support The Cerebral Palsy League with my donation of _____. E-mail _____ Sex _____

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, & administrators waive & release any claims I may have against The Township of Cranford, The Cerebral Palsy League, Inc., On Your Mark Productions, their staff, officers, volunteers, successors and assigns for any and all injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

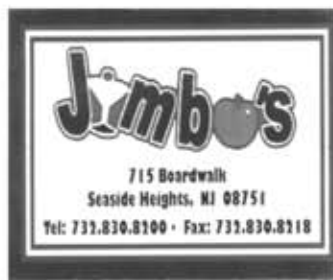
Signature _____ Date _____ Signature of parent if under 18 _____

"30th" Annual

OCEAN RUNNING CLUB'S SEASIDE HALF MARATHON & 5K

CASH AWARDS, HALF MARATHON RUN

Sunday October 21, 2007



Raffles for both races, 14k gold ankle bracelet, Swiss Army ladies watch, dinners and lots more !

To benefit the **Tri-Boro First Aid Squad** of Seaside Heights, Seaside Park and Island Beach State Park

Half Marathon Registration — Pre-registration is always encouraged to guarantee an official race T-shirt, fee – if registered by Oct. 12, \$20.00 (ORC Members \$16.00).
Post-entry fee after Oct. 12, \$30.00 T-shirts while supplies last only.



5K Registration – Pre-registration (post marked by Oct. 12) \$17.00 (ORC Members 13.00)
Post-entry \$20.00, T-shirts **while supplies last only**. Online: www.RaceForum.com/seaside
Race day registration for both events opens at 8:00 a.m., at **Jimbo's** 715 Boardwalk, Seaside Heights, NJ.

Time — **Half Marathon** (13.1 Mile) 10:00 AM, **5K** (3.1) 10:10 AM, Racewalkers 13.01 START 9:00AM

Course – Out & back, fast & flat, boardwalk and macadam, scenic – ocean and park

"CASH AWARDS" top 5 overall M/F \$100, \$75, \$50, \$25, \$25 & 1st. master M/F \$50" Half only"

Awards — **Half Marathon** – Top 5 overall M&F, top 3 in 10 year age groups M&F from 19 and under to 70 and over.
Half Marathon racewalkers, top 3 male and female overall. "Cash awards for half marathon run only"

"NEW"5K Awards – Top 3 overall M & F, Top 2 in each age group M & F from 14 and under to 70 and over.

Directions – Take the Garden State Parkway exit 82 to route 37 East for Seaside (Toms River). After the bridge, follow signs for Seaside Heights. **Information** – www.oceanrunningclub.org

Please note – This is a rain or shine event, sorry NO refunds. Make checks payable to – Ocean Running Club.

RAFFLES ☺☺☺ RAFFLES FOR BOTH RACES ☺ RAFFLES

✂-----ORC Seaside Half/5K 2007-----

Name _____ Shirt size (circle) M L XL

Address _____

Phone Number _____ Age day of race _____ M _____ F _____

(Check all that apply) Runner _____ Race Walker _____ 13.1 _____ 5K _____ ORC Member _____

I know that running is a potentially hazardous activity and I should not enter & run unless I'm medically able & properly trained. I assume all risk associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, traffic, other conditions of the course & all such risks being known to me. Having read this & knowing these facts & in consideration of accepting my entry, I myself & anyone entitled to act on my behalf, waive & release RRCA, Ocean Running Club, Seaside Heights, Seaside Park, Berkeley Township, Island Beach State Park, Jimbo's, all race volunteers & all sponsors, their employees, representatives & successors from any claim & liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant to all foregoing, the right to use any photographs, motion pictures, recordings or any other record or this event for legitimate purposes.

Signature _____ Date _____

If under 18 years of age – Parent/Guardian must sign

Mail this application to: Ocean Running Club, 960 Ambassador Drive, Toms River, NJ 08753, please note pre-reg. cut off date.

Online Registration www.RaceForum.com/seaside

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LOCATED IN THE HILLS IN BEDMINSTER CONVENIENTLY NEAR I-287 AND I-78

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Multi Sport Events continued from page 74

8/14/2007 Pittsburgh PA - Seagate Pittsburgh Triathlon & Adventure Race, 1.5k swim, 40k bike, 10k run, Adventure race, 2 mile paddle, 3.2 mile run, 7:30am, nsemmel@piranha-sports.com

8/15/2007 Rosendale NY - HVTC Summer Tri-Series #3, 700 yrd swim, 12 mile bike, 2 mile run, 5:45pm, 845-679-8602 mark@hvtc.net

8/18/2007 Lums Pond State Park DE - Lums Pond Youth Triathlon, 100 yard swim, 2.4 mile bike, .4 mile run, nsemmel@piranha-sports.com

8/18/2007 Lewisberry PA - Trimax Pinchot Triathlon, Sprint Distance, info@trimaxendurancesports.com

8/18/2007 Oil Creek State Park PA - PAA Summer Biathlon Series, 5k run, 2 shooting stops, 570-788-4219 barbara@ccomm.com

8/18/2007 Harriman St Park NY - SBR Triathlon Series, 1/2 mile swim, 16 mile bike, 3.1 mile run, 212-399-3999 sjargowsky@sbrshop.com

8/19/2007 Harriman St Park NY - 22nd Annual NY Tri/Bi-athlon Series # 2, 1/2mile swim or 3 mile run, 16mile bike, 3mile run, 8am, 845-247-0271

8/19/2007 Ellicott Md - RYKA IronGirl Triathlon, 0.62mi Swim - 17.5mi Bike - 3.3mi Run women's event, 410-964-1246 events@tricornolumbia.org

8/19/2007 Lums Pond State Park DE - Lums Pond Triathlon & Duathlon, 1/2 mile swim or 2 mile run, 19.5 mile bike, 3.1 mile run, 7:45am, nsemmel@piranha-sports.com

8/22/2007 Shamong NJ - Pine Barrens No Frills Splash & Dash Training Race, 1/2 mile swim, 3.1 mile run, 1 hour limit, 6:30pm, 856-784-6000 info@pinebarrenstri.org

8/25/2007 Green Lane PA - Trimax Green Lane Off-Road Triathlon, Sprint Distance, info@trimaxendurancesports.com



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PHONE: 732-224-9355 • FAX: 732-224-1317

COOPERREHAB@AOL.COM

8/25/2007 Voluntown CT - Genesis Adventures Sprint Adventure Race #5 - PACHAUG, 20+ miles (mountain biking/trail running/Kayaking) 9am, 203-262-3376 info@genesiadventures.com

8/25/2007 North Wildwood NJ - Tri/Du the Wildwoods, 1/4 mile swim, 11 mile bike, 3.1 mile run or 2 mile run, 11 mile bike, 3.1 mile run , 7:30am, 609-374-6495 stephen@delmosports.com

8/26/2007 Northeast MD - North East Triathlon, 1.5K swim, 40K bike, 10K run, or 500m swim, 7:30am, 856-308-7523 lredrow@cgiracing.com

8/26/2007 Harriman St Park NY - SBR Triathlon Series, 1/2 mile swim, 16 mile bike, 4 mile run, 212-399-3999 sjargowsky@sbrshop.com

8/26/2007 Naes Lakehurst NJ - Lighter Than Air Duathlon, 3mi Run, 20 Mi Bike, 2mi Run, 8:30am, 732-323-7427 patrick.b.murphy@navy.mil

LOCATION

Crowne Plaza, Paramus Park Shopping Center, Paramus, NJ

SCHEDULE

Packet Pick-up begins at 7:30 am

Park Ave Acura / Park Ave BMW 10K Run 9:05 am

10K Awards 10:30 am

Lou Lanzalotto Memorial 5K Run & Health Walk 11:15 am

1 Mile Fun Run for Kids 12:15 pm

5K awards and Prize Drawing 12:30 pm

REGISTRATION

By mail or online at www.ACTIVE.com or

www.RaceForum.com/Paramus

FEES

10K/5K \$20 until 10/15 (\$18 USATF)

\$25 after 10/15

Fun Run \$5 (includes free Park Ave t-shirt)

COURSE

Fast, scenic, tree lined. Mile clocks, water stops.

SCORING half page, color, 2 issues

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AWARDS

1, 2, 3 Overall and Age Groups, Male & Female

1,2,3 Paramus Resident, Male & Female

14 and Under to 75 and Over (5 years)

AMENITIES

Long Sleeve Tee (first 1000 entrants), Gift Packs,

Post Race Runner's Party, Prize Drawing.

INFORMATION/DIRECTIONS

201-265-9321 • 732-381-0318

www.paramusrun.com • www.OYMP.net

29TH ANNUAL THE TERRI ROEMER PARAMUS RUN

Sunday October 21, 2007

Proceeds Benefit
The Paramus Scholarship Fund



www.OYMP.net



10K & 5K

Rain or Shine

OFFICIAL ENTRY FORM

last name first name

street city

state zip phone

date of birth age on race day

email gender

WAIVER: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive any claim that I may have against the Paramus Recreation Commission, Paramus Board of Education, Paramus Volunteer Ambulance Corps, Paramus Shade Tree and Parks Commission, the Paramus Police Department, Paramus Park Shopping Center, Crowne Plaza, OYMP or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am physically able to compete in this event.

signature (parent or guardian if under 18) date

Please make checks payable to:

The Paramus Run
475 Farview Avenue
Paramus, NJ 07652

ENTRY FEES (please check)

Event	Through 10/15	After 10/15
<input type="checkbox"/> 10K	\$20.00	\$25.00
<input type="checkbox"/> 5K	\$20.00	\$25.00
<input type="checkbox"/> 5K Health Walk	\$20.00	\$25.00
<input type="checkbox"/> Kids Fun Run	\$5.00	\$5.00

2007 USATF # _____

USATF Members \$18.00 by 10/15.
10K and 5K runs only

If you are entering the 10K and 5K Runs, please check both boxes and add \$10.00.

Summer Clearance



2005 Giant

OCR Small Reg \$850.00 Now \$699.99

TCR3 Small Composite Reg. \$1650.00 Now \$1399.99

2006 Giant

OCR1 Medium Reg. \$1100.00 Now \$899.99

OCR3 Small Reg. \$650.00 Now \$574.99

OCR 3W (Women's) X-Small & Small Reg. \$650.00 Now \$574.99

TCR3 Composite Medium Reg. \$1800.00 Now \$1599.99

TCR Advanced Med/Large Reg. \$5500.00 Now \$2999.99

TCR1 Composite Medium Reg. \$3000.00 Now \$2499.99

TCR Women's Medium Reg. \$1300.00 Now \$1099.99

TCR1 Med/Large Reg. \$1800.00 Now \$1599.99

2006 Cyclocross Bikes

Bianchi Axis 55cm Reg. \$1399.99 Now \$1199.99

Kona Jake the Snake 58cm \$1249.99 Now \$1099.99

2006 Single Speed Mountain Bikes

Bianchi Muss 17.5in. Reg. \$849.99 Now \$749.99

Kona Unit 19in. Reg. 899.99 Now \$799.99

Women's Mountain

Lisa HT 14" Reg. \$919.99 Now \$799.99

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Acme Shopping Center

1 Mile From Red Bank



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and her Giant Bicycle**



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Metro Race Forum Aug/Sept 2007 Page 80

www.bikehaven.com

732.747.6868 phone • 732.747.3295 fax

M-F 10-6pm Sat 10-5pm Sun 11-4pm

3rd ANNUAL NORWOOD 5K RUN/WALK

Saturday, October 27th, 2007 – 9:30 am

Presented by the Norwood Runners' Association

NJ USATF CERTIFIED! FAST & FLAT!

Proceeds To Benefit The Norwood Fire Department

5
NORWOOD



2007
K

Start & Finish

Kennedy Field/Borough Hall
455 Broadway, Norwood, NJ
Rain or Shine

Course

- *Fast & Flat
- *Certified 5K Course
- *Timing & Scoring by Best Racing Systems
- *Multiple Water Stops
- *All Walkers Welcome!

Schedule of Events

- 8:00am – Check-In Begins
- 9:30am – 5K Run/Walk Begins
- 10:30am – Kiddy Fun Run
- 10:45am – Awards & Raffle

Awards

- *Top Three Overall M&F
- *Top Three per Age Group M&F
- *9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
- *Top Five Norwood Finishers M&F

Registration

Pre-Registration
(By 10/22/07) – \$15
Day of Race – \$20
Or www.practicehard.com

Amenities

- *Long sleeve t-shirt & race packet to all pre-registrants and while supplies last
- *Post-Race Refreshments
- *Raffle Prizes
- *Plenty of parking and restroom facilities

Directions

Take Knickerbocker Rd. (North). Becomes Livingston. Make a right at the 2nd light onto Broadway. ¼ mile down on left. Or take Piermont Rd. (North). Turn left onto Broadway. 1 mile down on right. Or go to www.mapquest.com.

Questions? Contact Alan Gettis at 201-784-0694 or DrGettis@aol.com or go to www.Norwood5K.com

OFFICIAL ENTRY FORM

Make checks payable to Norwood Runners' Association, Inc.

Mail to Norwood Runners' Association, 50 Adams Street, Norwood, NJ 07648 by 10/22/07

Last Name: _____ First Name: _____

Phone: _____ Street Address: _____

City: _____ State: _____ Zip: _____ Email: _____

Date of Birth: ___/___/___ Age on Race Day: _____ Sex: M ___ F ___ T-Shirt: S ___ M ___ L ___ XL ___

In consideration of this entry being accepted, I hereby for heirs, executors, administrators and myself waive any claim that I may have against the Borough of Norwood, the Norwood Runners' Association, Inc., the Norwood Volunteer Ambulance Corps., the Norwood Police Dept., or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am in physical condition for this event.

Signature: _____ Parent Signature (if under 18): _____ Date: _____

Triathletes, Runners, Endurance Athletes

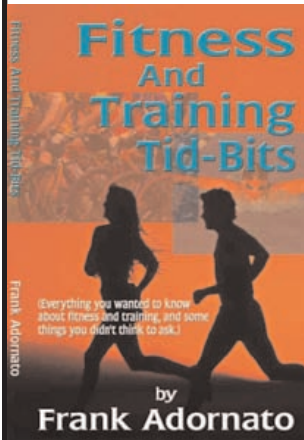
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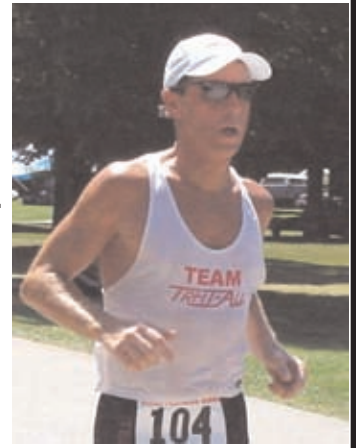
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Phone: 908-595-9300

Fax: 908-595-9334



Multi Sport Events continued from page 78

8/30/2007 Hartford CT - X-Treme Scramble 3, 5k fun race, run Beth Shluger

9/1/2007 Marlton Lakes NJ - DQ Triathlon at Marlton Lakes, 1/4 mile swim, 11 mile bike, 3 mile run, 8am, 856-858-7835 cisellers@comcast.net

9/2/2007 Long Branch NJ - War at the Shore Triathlon, .5k swim, 9.5 mile bike, 3 mile run 6:45am, 732-614-6028 raceinfo@sandyhookers.org

9/8/2007 Shamong NJ - 24th Annual Pine Barrens Olympic Distance Triathlon, 5th Annual Autumn Duathlon, 1 mile Swim, 24 mile Bike, 6 mile run or 2 mile run, 24 mile bike, 4 mile run, 856-784-6000 info@pinebarrenstri.org

9/8/2007 Quakertown PA - EnduraSport Half & Mini Triathlons - Philadelphia, 70.2 miles, 45 miles, 203-262-3376 info@genesisadventures.com

9/9/2007 Vernon NJ - 8K Summer Biathlon - Run and Shoot, 8K Trail Run + 4 Shooting Stops; 8AM Clinic, 9am Race Start, 908-722-9327 chrispr3@verizon.net

9/9/2007 Annapolis MD - Annapolis Triathlon, 1.5K Swim, 40K Bike, 10K Run, 410-964-1246 events@tricolombia.org

9/9/2007 Long Branch NJ - Monmouth County Sprint Triathlon, 1/4mi Sw, 13mi Bi, 4mi Run, 8am, 732-542-1642 x23 rward@monmouthcountyparks.com

9/9/2007 Lums Pond State Park DE - Delaware Diamondman Half Iron Triathlon, 1.2 swim, 56 mile bike, 13.1 mile run, nsemmel@piranha-sports.com

9/9/2007 Lebanon NJ - Patanella's BuckMan Triathlon, 1/4 mile swim, 16 mile bike, 5k run, or .93 mile swim, 24 mile bike, 10k run, 732 841-2558 greenbrookracing@aol.com

9/9/2007 Beverly MA - North Shore Triathlon / BAC Tri-CHALLENGE, Swim 1.5K Bike 40K Run 10K, 10am, 978-922-6984 info@ultramarketing.biz

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9/12/2007 Rosendale NY - HVTC Summer Tri-Series #4, 700 yrd swim, 12 mile bike, 2 mile run, 5:45pm, 845-679-8602 mark@hvtc.net

9/15/2007 Meriden CT - Meriden YMCA Triple Challenge Adventure Race, 3-5 mile trail run, 8-10 mile mt bike, 1-2 mile water craft, 203-235-6386 mclark@meridenymca.com

9/15/2007 Shamong NJ - 2nd Annual Pine Barrens Long Distance Triathlon, 1.2 mile swim, 55 mile bike, 13.1 mile bike, 9am, 856-784-6000 info@pinebarrenstri.org

9/15/2007 Mt. Olive NJ - 11th Annual International Trade Center Triathlon, 12k Mt Bike, 4k Canoe, 5k Run, Indivi. Or Team, 10am, 973-347-3077 laurabartus@itacevents.org

9/16/2007 New York NY - 23rd Annual New York City Biathlon, 2 mile run, 12 mile bike, 2 mile run, 7:30am, 845-247-0271

9/16/2007 Farmington CT - Women's Triathlon, 1/2 mile swim, 12 mile bike, 5k run, 8am, 860-652-8866 beth@hartfordmarathon.com

9/22/2007 Greentown PA - Trimax Pocono Triathlon, Sprint Distance, info@trimaxendurancesports.com

9/22/2007 Pittsgrove NJ - Vineland Exchange Club Triathlon/Duathlon, .5 mile swim or 2 mile run, 20 mile bike, 5 mile run, 856-858-7835 cisellers@comcast.net

9/22/2007 Douglas MA - Genesis Adventures Sprint Adventure Race #6 - DOUGLAS, 20+ miles (mountain biking/trail running/Kayaking) 9am, 203-262-3376 info@genesisadventures.com

9/22/2007 Pt Pleasant NJ - Treasure Island Kids Triathlon, 7-10, swim 100 yards bike .8 mile, run .6 mile, 11-14 200 yrd swim, bike 1.75 miles, run 1.25 miles 5pm, 732-892-9374 drfj6300@comcast.net

LOCATION

Saint Joseph Hall,
College of St. Elizabeth, Convent Station, NJ

SCHEDULE

10:15 am Registration begins
Noon 5K Start
12:30 pm 1.5 Mile Walk (non-competitive)
1:00 pm Kids Races (age 2-12)

REGISTRATION

By mail or online at www.ACTIVE.com
or www.raceforum.com/safedate

ENTRY FEES

5K & health walk \$18 (\$16 USATF) by 10/22
\$20 after 10/22 & on race day
Kids races \$5

COURSE

USATF certified, scenic on college campus and paved Traction Line Trail. Flat, rolling and hills. Clocks at each mile. Two water stops.

AWARDS

5K - 1,2,3 overall & age groups, M/F
Top teen from Morris County, M/F

Health Walk - Ribbon to all finishers

Team Awards - top team in each division, call for details
(973-267-7520 x123)

AGE GROUPS

5 year - 14 & under to 75 & over

INFO AND DIRECTIONS

www.OYMP.net ■ mzrace@OYMP.net
732-381-0318 ■ 973-267-7520 (ext. 123)

AMENITIES

Premier goodie bag, Atlantic Health Systems wellness fair, cozy sweatshirt (first 400 registrants), indoor facilities, massages

Presented by



Benefitting



5TH ANNUAL

SAFE DATING CHALLENGE



5K Run Fun Walk Wellness Fair

Sunday, October 28, 2007
College of St. Elizabeth
Convent Station, NJ

Scoring by www.compuscore.com



FOR THE SAFETY OF ALL PARTICIPANTS, NO BABY JOGGERS, WHEELCHAIRS AND DOGS ARE ALLOWED IN THE 5K RUN

last name first name

street city

state zip phone

date of birth age on race day 2007 USATF#

email sex

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive & release any claims I may have against the Jersey Battered Women's Service, College of St. Elizabeth, Morris County Parks Commission, On Your Mark Productions and all parties, groups, organizations, volunteers, sponsors, and (or) any representatives involved in the Safe Dating Challenge for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

signature (parent or guardian if under 18) date

Please make checks payable to:

Safe Dating Challenge

Mail Entry Fees and/or Pledges to:

Safe Dating Challenge

P.O. Box 70, Morris Plains, NJ 07950

Please check

5K Run 1.5 Mile Walk Kids Races

ENTRY FEES (please check)

- \$18 (\$16 USATF) by 10/22
- \$20 after 10/22 & on race day
- Kids races \$5 (no goodie bag)

Adult Sweatshirt Size: M L XL

I can't participate, but here is my donation of \$ _____

Race Entry Fee \$ _____
Tax Deductible Donation \$ _____
Total Amount Enclosed \$ _____

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Inaugural

Aberdeen Haunted 5K & Family Fun Run

Sunday, October 28th, 2007

Aberdeen, NJ



Location:

Aberdeen Town Hall
1 Aberdeen Square
Aberdeen, NJ 07747

Course:

USATF Certified Course
Flat, fast Spooktacular loop through residential
Aberdeen. Two water stops and mile markers.

Schedule:

7:30 a.m. – Registration Begins
9:00 a.m. - 1 Mile Fun Run
9:30 a.m. - 5K

Awards:

1st, 2nd and 3rd overall male and female and in the
following age groups:
14 & Under, 15-19, then 10 years to 70 & over
Finisher ribbons to all fun runners

Registration:

By mail or online at www.active.com
Or www.raceforum.com/Aberdeen

Amenities:

Haunted 5K T-Shirts to all pre-registrants
Goodie bags
Ghastly Treats
DJ
Prizes

Entry Fees:

5K \$15 by 10/19 USATF NJ
\$17 by 10/19
\$20 after 10/19 and on race day
Fun Run \$5

Information & Directions:

Visit: www.wamproductions.biz
E-Mail: wamproductions@aol.com

www.wamproductions.biz * wamproductions@aol.com * 973-423-2090

Name: _____
Address: _____
City: _____ St: _____ Zip _____
Date of Birth: _____
Age (on race day): _____
Email: _____
Phone: _____
2007 USATF#: _____

Make checks payable and mail to:

The Township of Aberdeen
1 Aberdeen Square
Aberdeen, NJ 07747

Please Check Event:

___ 5K
___ Fun Run

Please circle shirt size

S M L XL

Aberdeen Haunted 5K Produced by



WAIVER/ RELEASE: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Township of Aberdeen and WAM Productions for injury or damage which may occur due to my participation in this race.

Signature _____ Date _____ *(parent or guardian if under 18 years of age)

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Over 5,000 people are running easier, thanks to Dr. Braver.

As a runner, your feet, ankles, knees, shins, and hips take a pounding.

As Medical Chairman of the NJ Assn. of USA Track and Field, Medical Contributor to Runner's World magazine, and Team Podiatrist for Fairleigh Dickinson and Montclair State Universities, Dr. Richard T. Braver specializes in the kind of advanced care that keeps athletes and active adults on the go.

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Find out how easy relief can be!



Richard T. Braver, DPM
A former competitive runner himself, Dr. Braver has run a 4:07 mile and a 1:53 800 meters. He's actively involved in developing custom orthotic supports, and is a consultant to a major orthotics lab. He also is a well-recognized surgeon of all foot and ankle conditions.
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(must request free analysis when calling for an appointment)

Multi Sport Events continued from page 82

9/22/2007 Grasonville MD - Chesapeake Bay Eco Tri, 10 mile Mt Bike, 3 mile kayak, 4 mile run, 10am, 410-827-6694 mzrace@oymmp.net

9/23/2007 Bethany Beach DE - Make-A-Wish Sea Colony Triathlon, 1.5K Ocean Swim, 36K Bike, 10K Run, 410-964-1246 events@tricolumbia.org

9/23/2007 Wildwood Crest NJ - Crest Adventure Race, 2 mile run, 10 mile bike, 2 mile run, 609-523-0202 frankpino@yahoo.com

9/23/2007 Pt Pleasant NJ - Treasure Island Sprint Triathlon, 600 meter swim, 10.5 mile bike, 3 mile run, 1.5 mile kayak, 10.5 mile bike, 3 mile run, 732-892-9374 drf6300@comcast.net

9/23/2007 Bath Pa - Patriots Triathlon, 650 meter swim, 24k bike, 5k run, nsemmel@piranha-sports.com

9/29/2007 Washington DC - The Nation's Triathlon, 1.5k swim, 40k bike, 10k run. 7am, 202-257-3472 cbrodsky@thenationstriathlon.com

9/29/2007 Cambridge Md - Chesapeakman Ultra Distance, 2.4 mile swim, 112 mile bike, 26.2 mile run, 410-964-1246 events@tricolumbia.org

9/29/2007 Darien CT - 3rd Annual IPTMAN Triathlon, 1.5k swim, 25k bike, 10k run, 845-247-0271

9/30/2007 Long Branch NJ - Long Branch Sprint Triathlon Series-4, .5k swim, 9.5 mile bike, 3 mile run 6:45am, 732-614-6028 raceinfo@sandyhookers.org

9/30/2007 Cape Henlopen DE - Cape Henlopen Triathlon & Duathlon, 500 meter swim or 1.5 mile run, 15 mile bike, 3.1 mile run, nsemmel@piranha-sports.com

Multi Sports continued on page 88



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All proceeds from this event benefit the Somerset Home for Temporarily Displaced Children

**Somerset Home
9th Annual
Run for Runaways
Duke Island Park, Bridgewater, NJ
Saturday, November 3, 2007**



Schedule:

- 8:45 AM Walk Warm-up
- 9:00 AM 2-mile Fitness Walk
- 9:45 AM Run Warm-up
- 10:00 AM 5K Run
- 10:15 AM BBQ Picnic/Music/Entertainment
- 11:00 AM Kids' Sprints

Fees and Registration:

- \$20.00 Pre-Registered Runners (by 5pm on 11/2)
- \$18.00 Pre-Registered USATF-NJ Runners (by 5pm on 11/2)
- \$12.00 Pre-Registered Walkers (by 5pm on 11/2)
- \$10.00 Kids' Sprinters

On-site registration: \$25 Runners/\$15 Walkers

Collect \$75 in pledges and registration is free!!

Register by mail or register on-line at
www.runforrunaways.com

Custom **Run for Runaways** T-shirt to all runners while supplies last.



Course:

The 5K run will take you on a scenic loop through flat, paved waterfront/wooded trails and roads within Duke Island Park. The 2-mile fitness walk course is suitable for strollers and dogs. For more information and directions go to

www.runforrunaways.com

or contact Joe Godby at

908-526-6605 or jgodby@somersethome.org.



Official Entry Form - Somerset Home 9th Annual Run for Runaways
Mail to: Somerset Home, Attn: Joe Godby, 49 Brahma Avenue P.O. Box 6871
Bridgewater, NJ 08807-0871

Name _____
 Address _____
 City: _____
 State _____ Zip _____
 Age (race day) _____ Date of Birth _____
 Phone (Day) _____
 E-mail _____

	<u>Registration Fee (circle one)</u>		
	By 5pm 11/2	After 5pm and on-site	
Runners:	\$20	\$25	
USATF Runners:	\$18	\$25	USATF-NJ _____
Walkers:	\$12	\$15	
Kids' Sprinters:	\$10	\$10	
Gender (circle one):	Male	Female	
T-shirt Size:			
Kids	M	L	
Adult	M	L	XL XXL

COLLECT \$75 IN PLEDGES AND YOUR REGISTRATION IS FREE! See www.runforrunaways.com for details.

I cannot participate, but please accept my tax-deductible donation of \$ _____

Liability Waiver

I, intending 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 Somerset Home, the County of Somerset, Compuscore, all sponsors, and other persons or organizations connected with the above named event, and their respective agents, employees, officers, volunteers, representatives, successors, and assignees for any and all injuries that may be suffered by me in connection with this event. Further, I hereby certify that I am physically able to participate in this event and hereby grant the right to publish my name in the news media and use my likeness in any photographic record for the Run for Runaways.

Signature of Participant _____ Date: _____ Signature of Parent/Guardian (if under 18) _____

Multi Sport Events continued from page 86

10/6/2007 Estell Manor NJ - The Great Pumpkin Biathlon & Half Pint Duathlon for Kids, 2.2 Run, 15 Mile Bike, 2.2 Mile Run, 8:30am, kids races, 609-487-3689 ironmanclancy@excite.com

10/6/2007 Central Park NY - 23rd Annual Central Park Biathlon, 2 mile run, 12 mile bike, 2 mile run, 7:30am, 845-247-0271

10/7/2007 Bass River NJ - Bassman Fall International & Half Distance Triathlon & Duathlon, half 1.2 mile swim, 58 mile bike, 13.2 mile run, int. .6 swim, 29 mi bike, 6.1 mi run, Du 3.1 mi run, 29 mi bike, 6.1 mi run, 347-405-8128 info@citytri.com

10/20/2007 Harriman NY - Genesis Adventures Sprint Adventure Race #7 - HARRIMAN, 20+ miles (mountain biking/trail running/Kayaking) 9, 203-262-3376 info@genesisadventures.com

10/28/2007 Morristown NJ - Mountain Man Biathlon, 2 mile Trail Run, 11 Mt Bike, 2 mile Trail Run, chris112@optonline.net

11/11/2007 Prospect Park NY - Prospect Park Fall Duathlon, 3.1 mile run, 14 mile bike, 3.1 mile run, 347-405-8128 info@citytri.com

Open Water Swim Events



7/28/2007 Sea Bright NJ - The 33rd Annual Andrew B. Manning Ocean Mile Swim, 1 mile ocean swim, 6:15pm, 732-614-6028 raceinfo@sandyhookers.org

8/4/2007 Somers Point NJ - 15th Annual Rainbow Channel Challenge, 2.6 kayak, 2.6 mile swim, 1 mile swim, 1/4 mile kids swim, 609 646-8439 gthieler@comcast.net

8/5/2007 Coney Island NY - Grimaldo's Mile, 1 mile open water swim, 8:30am, 646-436-3277 vergaracrastian@hotmail.com

8/11/2007 Seaside Park NJ - Mid Summer Summer Ocean Swim, 1.5 mile swim, 8am, 732-341-9622 x 2214 jsellito@ocymca.org

8/18/2007 Lavallette NJ - Lavallette Mile Ocean Swim, 1 mile swim, 8am, 732-793-2566 jim.cresbaugh@wmtps.org

8/19/2007 Long Branch NJ - Ray Licata Memorial Long Branch Ocean Mile Swim, 1 mile, & 100 yards for kids, 8am, 732-222-2932 raylicatamemorials@yadoo.com

8/26/2007 Manasquan NJ - 12th Annual 1 Mile Ocean Swim at Manasquan Beach, 1 mile, 8am, 732-681-4094 tkrug@optonline.net

7/21/2007 Lehigh Valley Velodrome PA - MS PA Dutch Bike Tour, 25,50,75 & 100 miles, 1 or 2 day options, 1-800-445-Bike ms150@pae.nmss.org

Bike Tours/Mt Bike

8/4/2007 Middletown NJ - Woods Hollow Classic, 7.5 Mile, 8am, 11.25 Mile, 9:30am Mountain Bike, 732-542-1642 x 26 cdavino@monmouthcountyparks.com

9/15/2007 Morristown NJ - National Multiple Sclerosis Society MS-100 Bike Tour, 100+ miles 1 & 2 day options, 201-967-5599 jenn@njb.nmss.org

9/15/2007 Ashford CT - Churn & Burn 24-Hour Mountain Bike, 24 hour relay, 11am Saturday - 11am Sunday, 203-262-3376 info@genesisadventures.com

9/16/2007 Long Branch NJ - The Ride for Missing Children, 10,25,50,75 & 100 mile bike tour, 212-297-1723

9/29/2007 Cherry Hill NJ - City to Shore MS Bike Tour, 25, 45, 75, 100, 150 and 175, 1-800-445-Bike mscycling@pae.nmss.org

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Raffle Drawing

www.raceforum.com/raffle

Two lucky athletes a month will win a \$50.00 gift certificate to any one of the participating stores listed below.

On Track Running Store, Englewood, NJ
Shore Runner, Long Branch, NJ
New Balance North Jersey, Hasbrouck Heights, NJ
Runner's Pace, Bedminster, NJ

The drawings will be taken from online registrations received during that month on Metro Race Forum Each online registration is one chance to win.

RUN THE BRIDGE.org

COOPER-AMERIHEALTH BRIDGE CHALLENGE

10K RUN AND 2 MILE BEN FRANKLIN BRIDGE WALK
SUNDAY, NOVEMBER 4, 2007

Location: Campbell's Field, Camden, NJ
Schedule: Day of Registration & Packet Pick Up 6:15-7:45 am
Opening Ceremonies: 7:45 am
Start Time: 8:30 am Rain or Shine

Registration: by mail until 10/29/07 or online at www.runthebridge.org
10K: \$25 until 9/30, \$30 until 10/29, \$35 until 11/3, \$45 race day
Walk: \$15 until 9/30, \$20 until 10/29, \$25 until 11/3, \$25 race day
Packet Pick-Up: 11/1-11/2 from 11 am to 7 pm, 11/3 from 11 am to 5pm at the Haddonfield Running Company, 144 Kings Highway East, Haddonfield, NJ or at the SJ Running & Tri Company, 86 N. Main Street, Mullica Hill, NJ
Course: 10K USATF Certified, mile clocks, water stops
Chip Timing by Runner's High
Prize Money: \$6,300 to Top 5 Overall Male & Female, Top 3 First Master Forty Male & Female
10K Awards: Top Three in Age Categories
Finishers' Medals to all 10K Participants
Certificates to all Walk Participants
10K Age Groups: 14 & Under to 70 & Over in 5 year increments
T-shirts to the first 3500 entrants (either 10K or Walker)

First Name	MI	Last Name
<input type="text"/>	<input type="text"/>	<input type="text"/>
Address		
<input type="text"/>		
City	State	Zip
<input type="text"/>	<input type="text"/>	<input type="text"/>
E-mail		
<input type="text"/>		
Phone	Birth Date	Gender:
<input type="text"/> - <input type="text"/> - <input type="text"/>	<input type="text"/>	<input type="checkbox"/> M <input type="checkbox"/> F
Champion Chip # (for chip owners)	I would like to pick up my packet at:	
<input type="text"/>	<input type="checkbox"/> SJ Running & Tri Co. <input type="checkbox"/> Haddonfield Running Co. <input type="checkbox"/> Event Day	
<small>Any packets not picked up early will be available on race day.</small>		
Event Entered:	Waiver & Release— All participants must complete!	
<input type="checkbox"/> 10K Open & Age Group <input type="checkbox"/> Bridge Walk	<p>In consideration for accepting this entry and the granting of the right to participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, personal representatives, successors, and assigns, waive and release any and all claims for losses and damages I may have against event committee; volunteers; event sponsors; Rutgers, the State University of New Jersey; Delaware River Port Authority; Port Authority Transit Corporation; Haddonfield Running Company; Larc School; Camden County; Cooper University Hospital; AmeriHealth; participating towns; boroughs; all their representatives; successors and assigns and/or other persons whomsoever for any and all injuries, illness, including death, that may result from my participation in said event. I represent and affirm that I am in good physical condition to participate in this event and verified by a licensed physician, and have sufficiently trained for the completion of this event. No refunds.</p>	
Special 10K Divisions:	Signature of participant (if a minor, please obtain signature of parent or guardian below)	
<input type="checkbox"/> Clydesdale (Males 200+ lbs.) <input type="checkbox"/> Athena (Females 145+ lbs.) <input type="checkbox"/> Police/Fire/EMS Female <input type="checkbox"/> Police/Fire/EMS Male	<input type="text"/>	
10K Team Divisions:	Signature of parent or guardian (if participant is a minor)	
<input type="checkbox"/> Female Open <input type="checkbox"/> Male Open <input type="checkbox"/> Coed Open	<input type="text"/>	
Team Name	Date	Mail completed registration with check payable to: Larc School, 1089 Creek Road, Bellmawr, NJ 08031
<input type="text"/>	<input type="text"/>	

For official use only. pd: \$15 \$20 \$25 \$30 \$35 \$45 CC \$\$ CK#

chip# BIB#



Sept. 29 & 30

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Ken Glah's



ENDURANCE SPORTS

T R A V E L

Ironman Brazil 2007 Entry Still Open

Ironman Switzerland 2007 entries are closed but...

EST has some entries available

Slots are also available for Western Australia on Dec. 2nd &

Ironman New Zealand on March 1, 2008.

please call or email for details.

Our goal at Endurance Sports Travel is to eliminate the hassles and aggravations of your travel to a foreign race. We make every effort to ensure that your trip and race will be enjoyable, successful, and memorable!

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Tell them Metro Race Forum sent you!

3rd Annual Goodwill 5000 Meter Run

Run/Jog/Walk

DISTANCES: 5K Run/Jog/Walk & 1 Mile Fun Run

The Goodwill 5000 Meter Run is a USATF-NJ 500 Point race. Open to runners, joggers & walkers of every ability!

COURSE:

The 5K follows a USATF certified two-turn course along South Mountain Avenue through the Estate Section of Montclair. The one-mile race is an "out & back" route along South Mountain Avenue.

START & FINISH:

At: **The Montclair Art Museum, 3 S. Mountain Ave, Montclair, New Jersey**
at the corner of Bloomfield Avenue and South Mountain Avenues.

TIME:

5000 Meter Run: 8:30 AM Sharp
1 Mile Fun Run: 8:00 AM Sharp

5000 METER RACE PACKET & CHIP PICK-UP:

7:00 AM – 8:15 AM @ The Montclair Art Museum's Auditorium

AWARDS

The awards ceremony will be held in the Museum auditorium at 10:15 AM. Awards are three deep, no double-dipping, in the following age categories: -10, 10-14, 15-19; 20-29; 30-34; 35-39; 40-44; 45-49; etc., through all master's divisions.

AMENITIES

Champion Chip timing. Custom-designed long-sleeved T-shirts and race bags to the first 500 registrants, trophies and prizes awarded to first place overall and masters male and female finishers and age-group winners. Post-race refreshments featuring Starbucks coffee and Bloomfield's Best Bagels.

REGISTRATION FEES

5K ~ PRE REGISTRATION: \$18.00, or \$16.00 for USATF members. Must be post marked by 11/13/2007

5K ~ RACE DAY REGISTRATION: \$20.00

FUN RUN: \$8.00

ON-LINE REGISTRATION: WWW.ACTIVE.COM

or WWW.RaceForum.com/goodwill

QUESTIONS:

CONTACT: **Aubrey Blanda @ 973 865- 1919**

OR EMAIL @: Aubreyblanda@yahoo.com

DIRECTIONS

From the Garden State Parkway take **Exit 148** (Bloomfield Avenue). Travel West on Bloomfield Avenue approximately 2.5 miles to the Montclair Art Museum (on the left). You will be directed where to park once you reach the Museum.

NOTE: No Parking on South Mountain Ave. Parking is available on North Mountain Ave. and along Bloomfield Avenue.

*"I have fought the good fight,
I have finished the race,
I have kept the faith."*

Saturday, November 17, 2007

Start/Finish:



Montclair Art Museum

Corner of Bloomfield & South Mountain Avenues,
Montclair, New Jersey



BENEFITS

Proceeds benefit The Goodwill Rescue Mission of Newark, New Jersey (non-profit), providing shelter, food and counseling to the poor and homeless since 1896.

BRING CANNED GOODS

Entrants are encouraged to bring a canned food item to the registration table to help fill the Goodwill Rescue Missions' food bank.

Official Entry Form

Event: Check One: 5K _____ 1 Mile _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Age: (As of 11/17/ 2007): _____ Sex(M/F) _____

Date of Birth: / /

FEES

CHECK PAYABLE TO: **Goodwill Rescue Mission**
MAIL TO: **173 HAWTHORNE AVE.**
GLEN RIDGE, N. J. 07028

GW 5000M Fee: By 11/13/07 \$18.00 _____

Race Day \$20.00 _____

GW ONE MILE: \$8.00: _____

USATF MEMBERS ONLY: Pre: \$16.00 _____

USATF NUMBER: _____

WAIVER

In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge the Goodwill Rescue Mission, it's employees, the Township of Montclair, The Montclair Art Museum, the race officials, volunteers, sponsors (hereinafter releases) for any claim arising or growing out of my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved, and I am physically fit and sufficiently trained to participate in this event. I am at least 18 years of age or have had this release signed by my parent/guardian if I have not yet reached the age of 18.

Participant Signature or Guardian if under age 18

Date: _____ / _____ /2007 Shirt Size: S, M, L, XL



Jersey Shore Running Club
Sixth Annual



Navesink Challenge

To Benefit Middletown Youth Athletic Association and Habitat for Humanity

Post Race Party at
Outback Steakhouse

Distances

Out and Back Loop - 5 K
Stone Church - Huber Woods - 15 K
Scenic Country Roads and Trails - A Challenge for all Abilities



Bodman Park, Middletown, NJ



Sunday - November 25, 2007

TIME: Registration starts 8:30 AM

15 K - 10:00 AM 5 K Run/Walk - 10:10 AM

Awards to Top 25 M/F In 15 K and Top 10 M/F in 5K - Lots of Random Prizes - Grand Prize Drawing

Unique Handcrafted Wooden Plaques to Top 5 M/F - 15 K, Top 3 M/F 5K

Mr & Ms Middle of the Pack Awards - 15K - Special Admiral Bodman Award 15K

\$20.00 before November 20 (JSRC Members \$18) \$25.00 after November 20 (all)

Shirts only Guaranteed to Pre-Registrants - Size Not Guaranteed

Quality Long Sleeve Shirt, Water Stops, Post Run Refreshments

DIRECTIONS: Garden State Parkway, Exit 109 toward Red Bank. After the Exit take Half Mile Road (its a jughandle turn right after the parkway) follow to the End. Make a Right onto West Front Street. Go to first traffic light and make a left onto Hubbard Street. Follow for about Mile and Make a right at Traffic Light onto Navesink River Road . Follow Navesink River Road over Rt 35. 1/4 mile on the left is a Sign for Bodman Park. Make the left hand turn and follow to Parking . (Located Just North of the Cooper Bridge on Rt 35 crossing the Navesink from Red Bank) - Please Arrive Early as Limited Parking

WWW.JSRC.ORG

MORE INFORMATION : JSRC Hotline 732-542-6090 or on line at:

New Course Records: Rob DeFillipis 53:40 – Lynann Lorenz 1:02:17

On - Line Registration Available
JerseyRunner.com

Send form Below and check to JSRC Navesink Run, PO Box 7492, Shrewsbury, NJ 07702

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to : falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Jersey Shore Running Club, Road Runners Club of America, Middletown Youth Athletic Association, its Officers, Members and race volunteers, the Township of Middletown and its Departments and employees, Monmouth County Parks, Middletown Little League, Habitat for Humanity and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the forgoing permission to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Check One Event

5K Run 5K Walk 15K Run

Amount Enclosed: Entry Fee _____
Optional Donation to MYAA _____
Optional Donation to Habitat for Humanity _____
Total _____

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex _____ Circle Shirt Size: S M L XL

Phone _____ Email _____

Signature _____ Date _____

Parent/ guardian signature required if under 18.



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732-530-3337



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Thanksgiving Sunday 10K

& 3-Mile Fun Run / Walk

Sunday, November 25, 2007

Long Branch, NJ (9:00AM)



A Benefit For Hepatitis C Awareness & Research

Register at Gold's Gym-Pier Village, Long Branch

Directions

NJ GSP to Exit 105;
Follow Rte. 36 S to Ocean Blvd. (last traffic light);
Turn right on Ocean Blvd. for 4 traffic lights;
Turn left into Pier Village;
Follow directions / signs for parking.
Follow signs for "Race Registration".

- ⊕ Classy long sleeve Tech Tees
- ⊕ Random prizes
- ⊕ **Random Pie-zes** awarded courtesy of Ye Olde Pie Shoppe.
- ⊕ **5-Year Age Group awards** (3 deep M/F)
- ⊕ **Special awards for** 1st Long Branch resident (M/F) 1st Masters (M/F)
- ⊕ The course is USATF certified.

NO DUPLICATE AWARDS

Fee Schedule

10K: \$25.00 (till 9/30); \$30.00 (till 11/17);
\$35.00 (on Race Day)

3 Mile Fun Run/Walk: \$15.00 (till 11/17);
\$20.00 (on Race Day)

Youth — If you are under 18 take a \$10 discount (-\$10)

Take a \$5 discount if you are a Gold's Gym member. (-\$5)

NJRRRC members (-\$5)

• Apply only one discount from above. Total:

Also register online with:



-- Join the NJRRRC by including a separate check for \$20 (payable to NJRRRC Membership) - a membership card will be mailed.

-- Questions? Email info@njrrc.org or call us at 732-578-1771.

✓ Make registration check payable to: **NJRRRC 10K**

✉ Mail to: **NJRRRC-10K**
PO Box 198
Oceanport, NJ 07757

I know that running is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effect of the weather, including low or high temperatures, and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself, and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the New Jersey Road Runners Club, its Officers, Members, and race volunteers Pier Village, Bosco's Buddies Inc. and the employees of these organizations, Gold's Gym employees and all sponsors their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Last Name (Print) _____

First Name (Print) _____

Address _____

City _____ State _____ Zip _____

Email: _____

Phone: _____ Age (on race day) _____

Circle: M F Shirt Size: S M L XL 2XL

Circle Event: 10K (6.2 miles) 3-mile Fun Run / Walk

NJRRRC member: Y N Amount Sent: \$ _____

Gold's Gym member: Y N

Signature _____ Date _____

Parent/Guardian (if under 18) _____

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Team Physician for The College of New Jersey, Mercer County Community College, The Hun School of Princeton, and The Pennington School



3131 Princeton Pike, Building 4, Suite 100
Lawrenceville, NJ 08648
Tel 609.896.9190 Fax 609.896.3555



12th Annual - River to Sea Relay Saturday - August 4, 2007

- 92 Miles - 14 Legs - 7 Person Teams (2 legs per team member)
- Milford, NJ to Manasquan, NJ
- Handicapped Start - First to the Ocean, wins!
(Start times based on average 5K times)
- River to Sea Relay Clothing
- 8 Award Categories: Masters Age Break
(35 & Over - Veteran)
- Post Relay Party
- Entry Deadline - July 1, 2007
- 110 Team Maximum

R2C12 Info

732-381-0318

mzrace@oymp.net

www.oymp.net

CLOSED FOR 2007

Register early in 2008

*110 teams of running crazies will join us on August 5th for another jaunt across New Jersey's mid-section. We start at the Delaware River and end at the Atlantic Ocean.
So visit our website and form your team. Guaranteed to sell out!*



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More samples at: www.raceforum.com/tquilt

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- Borders and bound edges.
- Your Choice of color for the back, sashing etc..
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- All shirts must be clean and design not exceed 12"
- Larger designs can be made into a pillow.

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Memories that last a lifetime!



Price: \$10 per block.

(extra charge for pocket size logos and sleeveless shirts)

Shipping: \$15.00

Shipping not included in prices.

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All proceeds for this fundraising event will go to aid in
the fight against Hepatitis C & liver disease.

NYC Marathon Transportation

☛ Reservations are now being accepted!

☛ Reserve your seat(s) online at: www.boscobuddies.org

Amenities

- ♦ Pick up at a convenient central NJ location (port-o-johns will be available).
- ♦ You (and your guests) will be dropped-off near the entrance to Ft. Wadsworth.
- ♦ A chance to relax with other marathoners and charge-up with refreshments.
- ♦ Your gear will be transported to a convenient indoor location near the Finish.
- ♦ The reunion location will have food, drink, massage therapists and more.
- ♦ A \$50 fully tax deductible donation* per seat is required.
- ♦ Seating is limited.... Reserve a seat now!

*Bosco's Buddies, Inc is a registered 501c3 non-profit.



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