

TERRI ROEMER PARAMUS RUN

Sunday, October 21, 2018

10K, 5K, Health Walk
One Mile Kids Fun Run

Benefitting the Paramus Scholarship Fund



LOCATION

Fairfield Inn & Suites Paramus, Paramus Park Shopping Center
GPS Address: 601 From Road, Paramus, NJ

SCHEDULE

7:30 am Packet Pick-up Begins
9:05 am Marty Roemer Memorial 10K Run
10:30 am 10K Awards
11:15 am Lou Lanzalotto Memorial 5K Run and Health Walk
12:15 pm 1 Mile Fun Run for Kids
12:30 pm 5K Awards and Prize Drawings
(Must be present to win prizes)

ENTRY FEES

10K, 5K, Walk \$25 through 10/15/18 (\$22 USATF)
\$30 after 10/15/18 and on Race Day
Fun Run \$8 (Park Ave BMW T-shirt to first 100 entries)
\$10 after 10/15/18 and on Race Day

PRE-RACE PACKET PICK-UP

Road Runner Sports
65 Route 4 East, Paramus, NJ, (201) 226-0035
Friday October 19th 4-8pm, Saturday the 20th 10am-2pm

COURSES

USATF certified. Clocks at each mile.
Fast and rolling, scenic, tree lined. Water stops.
USATF-NJ NBNJ Grand Prix Event.

SCORING

ChronoTrack B-Tag Scoring.
Results: www.compucore.com

AWARDS

1, 2, 3 Overall & Age Groups, Male & Female
1, 2, 3 Paramus Resident, Male & Female

AGE GROUPS

5 Year Increments: 14 & Under to 85 & Over

AMENITIES

Long Sleeve T-shirt (first 1000 entries, 10K, 5K, Walk)
Gift Packs, Post Race Party, DJ, Prize Drawing

RACE DAY CELL

(551) 427-2505

INFORMATION / DIRECTIONS

(201) 265-9321 (908) 902-8587
www.paramusrun.com www.OYMP.net

RAIN OR SHINE



2018 Paramus Run Official Entry Form

Please make checks payable to: The Paramus Run

Mail to: The Paramus Run, 475 Farview Avenue, Paramus NJ 07652

last name		first name
street		city
state	zip	phone
date of birth	age on race day	2018 USATF-NJ #
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 Terri Roemer Paramus Run, 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, Fairfield Inn & Suites, Bonefish Grill, 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

Support Your Paramus School!

A percentage of your registration fee will be donated to your school (please choose one):

- | | | |
|--------------------------------------|-------------------------------------|----------------------------------|
| <input type="checkbox"/> Memorial | <input type="checkbox"/> Midland | <input type="checkbox"/> Parkway |
| <input type="checkbox"/> Ridge Ranch | <input type="checkbox"/> Stony Lane | |
| <input type="checkbox"/> East Brook | <input type="checkbox"/> West Brook | |
| <input type="checkbox"/> Other _____ | | |

Entry Fees (please check)

Event	Through 10/15	10/16 through 10/21
<input type="checkbox"/> 10K	\$25	\$30
<input type="checkbox"/> 5K	\$25	\$30
<input type="checkbox"/> 5K Health Walk	\$25	\$30
<input type="checkbox"/> Kids Fun Run	\$8	\$10

☐ USATF Members \$22 through 10/15.
10K and 5K runs only

☐ If you are entering the 10K and 5K Runs, please check both boxes and add \$12.