



*35th Annual*  
**VERONA LABOR DAY CLASSIC**  
**MONDAY, SEPTEMBER 4, 2017**  
**1 MILE FUN RUN / HEALTH WALK – 9:00AM**  
**5K RACE – 9:30AM**  
**DIRECTED BY VERONA UNICO & ESSEX RUNNING CLUB**



**REGISTRATION** Verona Park Boathouse 8:00 – 8:45am

**COURSE** Fast USATF certified 5K course through streets of Verona with start on Lakeside Ave. and scenic finish in Verona Park.

**DIRECTIONS**  
**From Garden State Parkway:** Take Exit 148, west on Bloomfield Ave. through Bloomfield and Montclair. Go about 1 mile past intersection with Pompton Ave. Verona Park is on left.  
**From 280:** Take Exit 7, follow Pleasant Valley Way north to Verona Park.  
**From Route 23 (Pompton Ave):** South to Bloomfield Ave. Turn right and go about 1 mile. Verona Park is on left.

**PARKING** **NO PARKING WITHIN VERONA PARK ON RACE DAY.** Parking is available on local streets and in municipal lot across Bloomfield Ave.

**TIMING** Electronic timing by **CompuScore** using Chronotrack disposable B-tags attached to bibs (5K only). Results available on day of race at [www.compucore.com](http://www.compucore.com).

**REFRESHMENTS** Available at finish area.

**AWARDS** Awards will be given out at the awards table near the finish line as soon as the results are verified. Awards not picked up on race day can be picked up at Fleet Feet Sports, 603 Bloomfield Ave, Montclair.

**PACKET PICKUP** **Fleet Feet Sports**, 603 Bloomfield Ave, Montclair on Sat, Sept. 2 (Noon – 7pm) and Sun, Sept. 3 (Noon – 4pm), or in Verona Park on race day (8:00 – 8:45).

**INFORMATION** Bruce Snogans: 973-239-5888

**WEB SITE** [www.essexrunning.com](http://www.essexrunning.com)

**REGISTRATION**

Register online at [www.raceforum.com/verona](http://www.raceforum.com/verona) or [register.compucore.com/verona](http://register.compucore.com/verona).

**No extra fees for online registration.**

Online registration closes at midnight on Wed, Aug 30.

Register in person at **Fleet Feet Sports**, 603 Bloomfield Ave, Montclair from Sat, July 1 thru Sun, Sept. 3. [www.fleetfeetmontclair.com](http://www.fleetfeetmontclair.com)

**5K RACE**

Pre-registration (postmarked by 08/28/17) ..... \$20  
USATF-NJ Members (postmarked by 08/28/17) ..... \$17  
Race Day Registration ..... \$25

**1 MILE FUN RUN / HEALTH WALK**

Pre-registration (postmarked by 08/28/17) ..... \$12  
Race Day Registration ..... \$15

T-shirts to all pre-registered entries.

Shirts on race day only while supplies last.

Make all checks payable to: **Verona UNICO.**

Mail entries to ERC, P.O. Box 183, Verona, NJ 07044

Pre-registered entries must be postmarked by Aug. 28.

**AWARDS – 5K RACE**

Running shoes presented by Fleet Feet Sports to 1st overall M/F with Vince Carnevale Memorial Trophy.

Fleet Feet gift certificates: (\$25 for 1st, \$15 for 2nd, \$10 for 3rd) to top 3 M/F Verona residents and top 3 M/F finishers in these age groups:  
10 & under, 11-14, 15-19, every 5 years from 20 to 85+

**AWARDS – 1 MILE FUN RUN**

Fun Run – No awards or results. Each child will receive a finisher ribbon. Times displayed on digital clock at finish line.



**Event:** ☐ 5K Race ☐ 1 Mile Fun Run / Health Walk

**Shirt Size:** ☐ S ☐ M ☐ L ☐ XL ☐ Adult ☐ Youth

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Sex (M/F):** \_\_\_\_\_ **Age on Race Day (09/04/17):** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **USATF#:** \_\_\_\_\_

**Waiver:** In consideration of your accepting this entry for the 2017 Verona Labor Day Classic, I hereby, for myself, my heirs, executors and administrators, waive and release any rights and claims for damages I may have against UNICO National, The Verona UNICO, the Essex Running Club, and their sponsors, their staff, officials, volunteers and any representative for all or any of the aforementioned, for any and all injuries suffered by me or personal property damage incurred in connection with said event. I certify that I am physically fit and have sufficiently trained for the completion of the race. I also give permission for the use of my name and or picture in any newspaper, broadcast, telecast or any other account of this event.

**Signature or Parent/Guardian if under 18:** \_\_\_\_\_ **Date:** \_\_\_\_\_

☐ I am interested in joining the Essex Running Club ([www.essexrunning.com](http://www.essexrunning.com)). Please send me information.