# **5K (8 YEARS AND OLDER)**

The course is a USATF Certified, single loop in Glen Rock beginning and ending at Veteran's Park on Main Street. 2 water stops, split times

#### **2K JUNIOR RUN**

Parents are welcomed to run with children

The course is a single loop beginning and ending at Veteran's Park on Main Street.

- ★ Runners MUST notify the race director if they decide to change races
- ★ Runners unable to pass the 2 mile mark by 9:30 will be asked to proceed to the sidewalk to accommodate the parade
- ★ Bag check available

#### **EARLY RACE PACKET PICK-UP**

Racefaster Store

211 East Ridgewood Ave, Ridgewood, NJ 07450 July 2nd and 3rd from 10am to 6pm

**SAME DAY REGISTRATION** 7:30am – 8:45am

START TIME 2K & Walk: 8:30am

**5K:** 9:00am (8:55am Line Up)

# MORE INFORMATION/REGISTER ONLINE

jon@jpcole.com / www.tributerun.org

FF

# **2K AND 5K**

**\$25** by June 30 **\$30** after June 30

# **FAMILY RATE**

For 3+ family members participating in the 5K or 2K

**\$20**/person by June 30 **\$25**/person after June 30

# WALK

by donation

# **USATF NJ**

**\$22** by June 30 **\$30** after June 30

#### **5K AWARDS**

Top 3 Overall Male & Female; Top GR Finishers, Male & Female; 14 & Under, 15–19, 20–80 in 5-year age groups. *No dups!* 

#### **2K AWARDS**

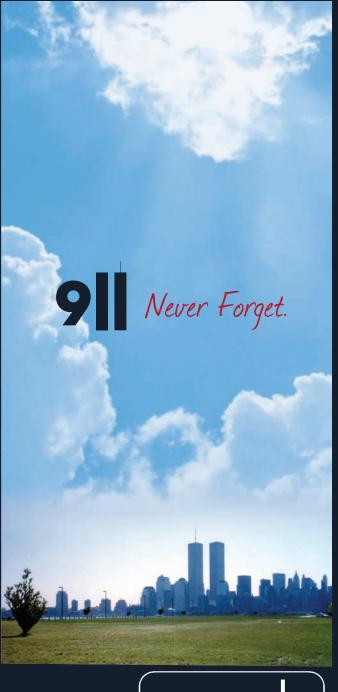
Top 3 Overall Male & Female 10 Years and Younger; Ribbons to All

#### **RESULTS & SCORING**

2K & 5K will utilize the BIB TAG timing system

#### **T-SHIRTS**

Guaranteed to the first 500 PREregistrants



Back for 2015



# SATURDAY, JULY 4<sup>™</sup> 2015



IPICO BIB TAG TIMING

Tribute Run/Walk Tech Shirt

Refreshments, Rita's Water Ice, DJ

Last mile follows Glen Rock's Independence Day Parade route



Thanks to our generous sponsor:

#### **GLEN ROCK SAVINGS BANK**

Full Service Bank 250 Lincoln Avenue, Glen Rock, NJ 07452 201-636-5888

**Cheriann Moscatello** 

cmoscatello@glenrocksavings.com

**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 Veteran's 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 rememberance, and a yearly scholarship awarded to a Glen Rock High School Senior in memory of Glen Rock's eleven victims.

**IRECTIONS** 







# **FROM RT. 208**

Take Maple Ave. North exit. Follow Maple Ave. about 1/2 mile and make a left onto 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 & Fairlawn. 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. Veteran's 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 Road and is ideal for people who intend to stay for the parade.

# ★ Bergen Train Station parking lot

Accessible from either Maple Avenue (by the fire house/municipal building) or Rock Road (by the municipal building). From the lot, make a left onto Rock Road and walk down to Main Street. Make a left onto Main. The park is on your left.

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

9/11 Tribute Run c/o G.R.A.C.E 199 Rock Road Glenn Rock, NJ 07452

Name

Phone		USATF#
Email		
Date of Birth		Race Day Age
Gender:	Male	Female
Please circle eve	nt:	
5K Run	2K Run	1 Mile Walk
T-shirt Size:	S M	L XL
	le to participate, ntribution.	but would like to
possibly b	e published with	my picture taken t name in the local bute Run website.
All registrations	are non-transferab	le and non-refundabl
Tribute Run/Wal	k and assume all	y entering the 9/11 the risks associated to hold all organizer