



31st Annual Giralda Farms Run

10K, 5K & Fun Runs | 10K Certified Course #NJ08513JHP | 5K Certified Course #NJ08514JHP

When Sunday, November 8, 2015 – Rain or Shine

9:30 – 11:45 Registration; Arrive before 11:00 AM to avoid traffic and parking delays
Gate closes to traffic at 11:45

11:15 ¼ Mile Fun Run Begins

12:00 noon sharp 5K & 10K Races Begin

Where Giralda Farms, Madison, NJ (see other side for directions)

Masters Women's Championship USATF-NJ 2015 Masters Women's 10K Championship

Individual Awards (no duplicate awards)
10K Open (M&F) Top 5: \$200, \$150, \$100, \$50, \$25
10K Masters USATF-NJ age-graded (M&F) Top 8: \$200, \$150, \$100, \$75, \$50, \$50, \$25, \$25
10K and 5K age group awards (M&F) Top 3: (<15, 15-19, 20-29 and 5-yr age groups 30 through 80+)

Team Awards USATF-NJ Masters Women's 10K: Visit www.usatfnj.org/ldr for rules
Open 10K, Open 5K & Corporate 5K: Prizes to top 3 teams; Minimum 3 on a team; top 3 on each team score (age & gender equalized)
Parent/Child 5K (no age restrictions): Prizes to top team in each category (age equalized); Father/Son, Father/Daughter, Mother/Son, Mother/Daughter

Individual & Team Registration Register at <http://register.compuscore.com/giralda>, or by mail, postmarked by 10/30, with check payable to: **Giralda Farms Run**, 128 Park Ave, Madison, NJ 07940

10K & 5K Fun Run \$25 (\$20 for USATF-NJ) Postmarked by 10/30. \$30 after 10/30 and on Race Day \$3 *** No transfers and no refunds *** No pre-race packet pickup ***

Open/Corporate & Parent/Child Teams Team members must register individually and specify team; pre-registration required. You may only be on one team; USATF-NJ team competitors cannot be on non-USATF-NJ teams. Parent and Child entries must be received together, with your team category indicated

T-Shirts Long sleeve T's to all 10K and 5K Pre-Registrants and to Race Day Registrants while supplies last

For more information see www.GiraldaFarmsRun.com or call (973) 337-0596

Per USATF rules headphones are not allowed for those competing for awards.

No portable listening devices, dogs, rollerblades, baby joggers, etc. please

Rose City Runners Club Gives a Special Thank You to our Sponsors:

Open Spaces Mgt Assoc, GRC Mgt Corp, Maersk Inc, RXR Realty, KeyBank-UBS 2700, AthenianRazak Mgt, Lincoln Equities-Giralda Farms RE



New Jersey Grand Prix Event 700 Points

10K=700 POINTS
5K=500 POINTS



LAST NAME: _____ FIRST: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

✓ 10K: 5K: FUN RUN: SEX: M OR F HOME PHONE: _____

AGE ON 11/8/15: _____ BIRTH DATE: M M D D Y Y USATF-NJ#: _____

E-MAIL: _____

NON-USATF-NJ Teams

Open 10K Open 5K Corporate 5K

Team Name: _____

Team Captain: _____

5K Parent/Child Teams (pick one): Father/Son Father/Daughter Mother/Son Mother/Daughter

IN CONSIDERATION OF THIS BEING ACCEPTED, I, THE UNDERSIGNED INTENDED 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 ROSE CITY RUNNERS CLUB, OPEN SPACES MANAGEMENT ASSOCIATION, RXR REALTY, MAERSK INC., GRC MANAGEMENT CORP OR THEIR REPRESENTATIVES, SUCCESSORS OR ASSIGNEES FOR ANY INJURIES THAT MAY BE SUFFERED BY ME IN THIS EVENT. I HEREBY CERTIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. I WILL ADDITIONALLY PERMIT THE FREE USE BY THE SPONSORS OF THIS EVENT OF MY NAME, PICTURE OR LIKENESS IN BROADCASTS, NEWSLETTERS OR PROMOTIONAL MATERIALS.

SIGNATURE: _____

PARENT/GUARDIAN (UNDER 18): _____

DIRECTIONS: GIRALDA FARMS IS LOCATED ON NJ 124 (MADISON AVE), APPROX. 1 MILE WEST OF DOWNTOWN MADISON AND 2.5 MILES EAST OF I-287. ENTRANCE IS AT DODGE DRIVE . FOR GPS DIRECTIONS, USE MADISON AVE AND DODGE DR, MADISON, NJ. ARRIVE BEFORE 11:00 A.M. TO AVOID TRAFFIC AND PARKING DELAYS. GATE CLOSES TO TRAFFIC AT 11:45.

FROM THE EAST: TAKE I-78 WEST TO EXIT 48, NJ 24 & 124 WEST (SPRINGFIELD/MORRISTOWN). TAKE 24 WEST FOR 3.5 MILES AND TAKE EXIT 7B-A "124 WEST CHATHAM" AND BEAR RIGHT ONTO MAIN ST. CONTINUE ON MAIN ST. THROUGH CHATHAM AND INTO MADISON (APPROX. 3 MILES). WHEN THE ROAD FORKS, BEAR LEFT ONTO MADISON AVE, GOING UNDER THE RAILROAD TRACKS. CONTINUE ON MADISON AVE FOR 1 MILE UNTIL YOU REACH THE LIGHT AT DODGE DRIVE. STAY IN THE RIGHT HAND LANE, GIRALDA FARMS WILL BE ON THE LEFT, BUT YOU MUST ENTER VIA JUG HANDLE TURN.

FROM THE WEST: TAKE US 46, OR NJ 10 EAST TO I-287 SOUTH, THEN FOLLOW "FROM THE NORTH" OR TAKE I-78 EAST TO I-287 NORTH AND FOLLOW "FROM I-287" DIRECTIONS BELOW.

FROM THE SOUTH: TAKE I-287 NORTH TO EXIT 35 (NJ 124, SOUTH ST. MADISON AVE). MAKE A LEFT AT THE LIGHT AT THE END OF THE RAMP AND FOLLOW SIGN TO 124 EAST. TURN RIGHT AT STOP SIGN ONTO 124 EAST (MADISON AVE). FOLLOW "FROM I-287" DIRECTIONS BELOW.

FROM THE NORTH: TAKE I-287 SOUTH TO EXIT 35 (NJ 124/MADISON AVE). TURN LEFT AT THE LIGHT AT THE END OF THE RAMP ONTO NJ 124 – MADISON AVE. CROSS OVER I-287 AND PROCEED AS "FROM I-287" DIRECTIONS BELOW.

FROM I-287: CONTINUE ON 124 EAST (MADISON AVE) THROUGH LIGHT AT MORRISTOWN MEMORIAL HOSPITAL. CONTINUE FOR 2.4 MILES THROUGH FOUR ADDITIONAL LIGHTS. AT THE FIFTH LIGHT TURN RIGHT INTO GIRALDA FARMS.



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Giralda Farms Run
128 Park Avenue
Madison, NJ 07940