

**THE 45th ANNUAL
JACK McKEOWN MEMORIAL RAMSEY RUN**

=====5,000 and 10,000 meter runs=====

=====Certified Courses=====

Saturday, September 30, 2023

---UNDER THE AUSPICES OF THE RAMSEY RECREATION COMMISSION---
IN COOPERATION WITH THE BOROUGH OF RAMSEY, RAMSEY POLICE AND FIRE DEPARTMENTS,
THE RAMSEY AMBULANCE CORPS, THE RAMSEY RESCUE SQUAD, AND OEM



STARTING POINT/TIMES:

RAMSEY MUNICIPAL POOL/EAST OAK STREET

10K (6.2 MILES) STARTS AT 8:00 A.M. (NJ13551JHP)

5K (3.1 MILES) STARTS AT 9:45 A.M. (NJ13552JHP)

REGISTRATION/FEEES:

Please register online at register.capturepoint.com/ramseypool

Forms available at Ramsey Municipal Building, 33 North Central Avenue, and online at www.ramseynj.com

\$25 pre-race fee (must be *received* by Tuesday, September 26, 2023; **after this date, please register at the race**); \$30 registration fee day of race Checks would be appreciated on race day.

Register for both races and pay only \$35 at any time.

A portion of this year's registration fee goes to the Jack McKeown scholarships.

AGE GROUPS:

M & F, 10 AND UNDER, 11-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-74, 75+

AWARDS:
FINISHERS

TROPHIES/MEDALS AWARDED TO FIRST THREE OVERALL FINISHERS AND AGE GROUP
(MALE & FEMALE); NO DUPLICATE AWARDS

T-shirts, Raffles, Giveaways,
Time Splits, Post-Race Results, Refreshments,
Computerized timing by Compuscore Race and Scoring System

Awards ceremonies following finish of both 10K and 5K runs

Questions? Contact Ken Tyburczy, Recreation Director, kttyburczy@ramseynj.com or
Karen Dey, Recreation Coordinator, gkdey@ramseynj.com (computer questions)

-----ENTRY FORM-2023 RUN-----

ALL PRE-RACE ENTRIES MUST BE RECEIVED BY TUESDAY, SEPTEMBER 26, 2023.

FILL OUT FORM COMPLETELY. CHECKS SHOULD BE MADE PAYABLE TO BOROUGH OF RAMSEY. NO REFUNDS.

MAIL TO: RAMSEY RECREATION COMMISSION/RAMSEY RUN
33 NORTH CENTRAL AVENUE
RAMSEY, NJ 07446

Please Print and Complete Form:

CHECK ONE: _____ 10K RUN _____ 5K RUN (Please use a separate form for each run.)

LAST NAME _____ FIRST NAME _____
AGE (Day of Race) _____ SEX _____
FEE ENCLOSED: \$25 _____ \$30 _____ \$35 _____
STREET ADDRESS _____ PHONE _____
E-MAIL ADDRESS _____
TOWN _____ STATE _____ ZIP CODE _____
TRACK CLUB/SCHOOL/UNATTACHED _____

READ AND SIGN STATEMENT BELOW:

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, HEIRS, EXECUTORS, AND ADMINISTRATORS WAIVE AND RELEASE ANY CLAIMS THAT I MAY HAVE AGAINST THE RAMSEY RECREATION COMMISSION, BOROUGH OF RAMSEY, RACE SPONSORS, RACE COMMITTEE, OR THEIR REPRESENTATIVES, SUCCESSORS, OR ASSIGNEES FOR ANY INJURY THAT MAY BE SUFFERED BY ME IN THIS EVENT. I CERTIFY THAT I AM IN GOOD PHYSICAL CONDITION FOR THE 2023 RAMSEY RUN.

SIGNATURE _____ DATE _____

