



# 2007 KIWANIS COUNTRY SQUIRE RUN

5K and 10K Runs and 5K Walk

Sunday, October 7, 2007

When: Registration begins at 8:30 am, 5K/10K runs & 5K walk start at 10 am

Where: Start of 5K/10K runs and 5K walk is in front of The Township of Morris Police Station, 49 Woodland Ave., Convent Station, NJ

Courses: USATF Certified; Scenic streets of Morris, Harding, and Chatham Twps, and the paths of Loantaka Brook Park reservation

Water: At the start/finish and along the course

T-Shirts: Short sleeve to all pre-registrants; post registrants, while supply lasts

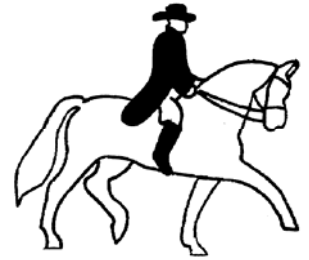
Splits: 1, 3, and 5 miles for 10K run and 1 and 2 miles for 5K run

Awards: Overall male and female 1st, 2nd, and 3rd places (5K & 10K runs)

Age group awards to the 1st three male and female (5K & 10K runs) in the following categories: <20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over

Miscellaneous: Refreshments available to all finishers; results mailed to all run-finishers; and race no.'s mailed to pre-registrants.

Web Site: Visit [www.countrysquireerun.org](http://www.countrysquireerun.org) for online registration and downloading more applications.



## Sponsors:



Registration Form: cut along this line .....

### 2007 Morristown Kiwanis Country Squire Run

Event: 5K Run \_\_\_ 10K Run \_\_\_ 5K Walk \_\_\_

Information: 973/879-1372

USATF-NJ# \_\_\_\_\_

Entry Fee: \$12 (USATF members) by 9/30/07  
\$14 (non-USATF members) by 9/30/07  
\$18 everybody after 9/30/07, including race day

Last Name: \_\_\_\_\_

Payable To: Kiwanis Club of Morristown

First Name: \_\_\_\_\_

Mail To: Kiwanis Country Squire Run, P.O. Box 1695  
Morristown, NJ 07960—**post marked by 9/30/2007**

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

All mailed entries must be accompanied by a Self Addressed, Stamped, Envelop (No. 10, 4 1/8" x 9 1/2" or larger, please).

City: \_\_\_\_\_ State: \_\_\_\_\_

In consideration of the acceptance of this entry, I hereby waive and release any and all rights and claims for damage I may have against the Morristown Kiwanis Club, Townships of Morris, Harding, and Chatham, Morris County Park Commission, and County of Morris, or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I have trained for and I am physically capable of successfully completing the race.

Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Sex: M \_ F \_ Age race day: \_\_\_ Birth Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Email address: \_\_\_\_\_

(Parent or Guardian if under 18)

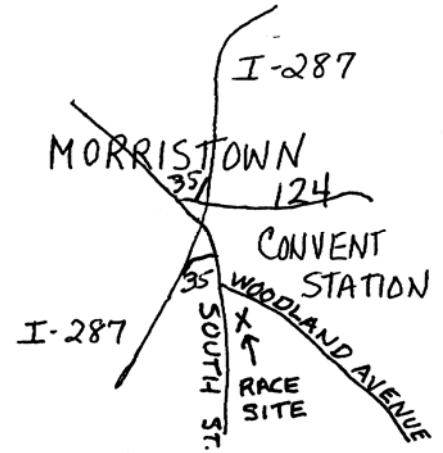


**DIRECTIONS:** The race site of the Country Squire Run is 49 Woodland Ave., about 1/4 mile Southeast from South St., Convent Station, NJ, close to The Township of Morris building and police headquarters and Ginty field.

**From the North:** Take I-287 South to exit 35 (NJ 124/Madison Ave.). Turn right onto West 124 and a “quick” left at the traffic light onto South St. Proceed over I-287, through the traffic light, and turn left at the next street onto Woodland Ave. Race site is 1/4 mi. Southeast on Woodland Ave.

**From the South:** Take I-287 North to exit 35 (NJ 124/South St./Madison Ave.). Turn right at the traffic light at the end of the ramp and a “quick” left onto Woodland Ave. Race site is 1/4 mi. Southeast on Woodland Ave.

**From East and West:** Use most convenient route to I-287 (I-80, 46, I-78, 10, 24, 22, etc.) and follow appropriate North/South instructions above.

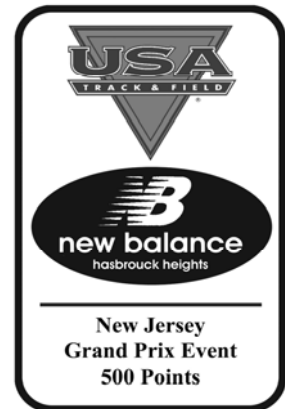
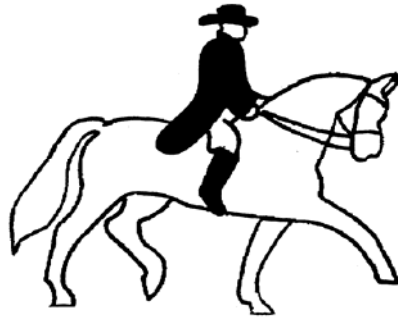


# KIWANIS COUNTRY SQUIRE RUN

5K & 10K Runs, 5K Walk, and Children's Runs, Sunday, October 7, 2007

[www.countrysquirerun.org](http://www.countrysquirerun.org)

Convent Station, New Jersey



Morristown Kiwanis COUNTRY SQUIRE RUN  
P.O. Box 1695  
Morristown, New Jersey 07960