



30th Annual VERONA LABOR DAY CLASSIC

MONDAY, SEPTEMBER 3, 2012
1 MILE FUN RUN / HEALTH WALK - 9:00AM
5K RUN - 9:30AM

DIRECTED BY VERONA UNICO
& ESSEX RUNNING CLUB
RUN. SWIM. BIKE. PLAY
RACE FORUM
Register Online



- 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. Splits at each mile.
- DIRECTIONS**
From Garden State Parkway, Exit 148, west on Bloomfield Ave. thru Bloomfield and Montclair. Go about one mile past intersection with Pompton Ave. Verona Park is on left.
From 280, Exit 7, follow Pleasant Valley Way north to Verona Park.
From Route 23 (Pompton Ave), south to Bloomfield Ave. Turn right and go about one mile. Verona Park is on left.
- PARKING** **NO PARKING WITHIN VERONA PARK ON RACE DAY.** Parking available on Lakeside Ave. and in municipal lot across Bloomfield Ave.
- TIMING** Electronic timing by CompuScore using Chronotrack disposable D-tags attached to runners shoes. Results available on day of race at www.compucore.com.
- PHOTOGRAPHS** Race day photographs will be available at www.sport-memories.com.
- REFRESHMENTS** Available at finish area.
- AWARDS CEREMONY** In Verona Park at bandstand after completion of 5K once results are verified. Awards and shirts not picked up on race day can be picked up at Fleet Feet Sports, 603 Bloomfield Ave, Montclair thru Sun, Oct. 14.
- PACKET PICKUP** At **Fleet Feet Sports**, 603 Bloomfield Ave, Montclair on Sat, Sept. 1 (Noon – 7pm) and Sun, Sept. 2 (Noon – 4pm), or in Verona Park on race day (8:00 – 8:45am).
- INFORMATION** Santi Condorelli - 973-239-7976
- WEB SITE** www.essexrunning.com

REGISTRATION
Register online at www.raceforum.com/verona.
No extra fees for online registration.
Online registration closes at midnight on Wed, Aug. 29.
Register in person at **Fleet Feet Sports**, 603 Bloomfield Ave, Montclair from Sat, Aug 4 thru Sun, Sept. 2.

- 5K RUN**
Pre-registration (postmarked by 08/27/12) \$20.00
USATF-NJ Members (postmarked by 08/27/12) \$18.00
Race Day Registration \$25.00
Tech shirts to first 500 entries received for the 5K.
Shirts on race day only while supplies last.
- 1 MILE FUN RUN / HEALTH WALK**
Pre-registration (with youth size t-shirt) \$12.00
Pre-registration (no t-shirt) \$8.00
Race Day Registration (with youth size t-shirt) \$15.00
Race Day Registration (no t-shirt) \$10.00

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 08/27/12.

- AWARDS – 5K RUN**
Trophies presented to first overall male and female, first overall male and female Verona resident and top 3 male and female finishers in these age groups: 14 & under, 15 – 19, Every 5 years from 20 to 80+
Running shoes presented by Fleet Feet Sports to first overall male and female in 5K. Fleet Feet gift certificates to all other award winners in 5K (\$25 for 1st, \$15 for 2nd, \$10 for 3rd).
- AWARDS – 1 MILE FUN RUN**
Ribbons to all finishers and trophies to top 3 male and female finishers in these age groups: 10 & under, 11 – 14, 15 – 19

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Event: 5K Run 1 Mile Fun Run / Health Walk (with shirt) 1 Mile Fun Run / Health Walk (no shirt)

Name: _____ Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Sex (M/F): _____ Age on Race Day: _____ Date of Birth: _____ USATF-NJ#: _____

Shirt Size: S M L XL (Adult Size Tech Shirt for 5K / Youth Size T-shirt for 1 Mile)

Waiver: In consideration of your accepting this entry for the 2012 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 to be used in any in any newspaper, broadcast, telecast or any other account of this event.

Participant Signature or Parent/Guardian if under age 18: _____ **Date:** _____

I am interested in joining the Essex Running Club (www.essexrunning.com). Please send me information.