

# The Dick Meighan Memorial Run



Start your Thanksgiving Day off on the right foot...Come celebrate the 11<sup>th</sup> running of the DMMR!

## Date & Location

Thursday, November 26, 2009  
Upper Saddle River, NJ

## Schedule

7:30am – Check In  
9:00am - 5K Race

## Registration

Active.com, By Mail, or In Person

## Entry Fees

Pre-registration - \$20  
Race-day - \$25

## Course

USATF certified, single loop with both hilly and flat portions. Digital clock at 1 mile and 2 mile marks and water station at halfway point.

## Awards

Top 3 overall and age group, male and female  
Top 5 family teams (minimum of 3 members, all must be pre-registered)

## Age Groups

10 & under to 70 & over

## Amenities

Long-sleeve tee-shirt to first 1,800 runners, DJ, refreshments, indoor facilities

## More Information and Directions

[www.dickmeighan5krun.org](http://www.dickmeighan5krun.org)



\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Street City

\_\_\_\_\_  
State Zip Phone

\_\_\_\_\_  
D.O.B Age on Race Day Gender

\_\_\_\_\_  
Email Preferred Shirt Size S/M/L/XL

\_\_\_\_\_  
List Members of Family Team if Participating (min. of 3, all must be pre-registered)

Pre-registration \$20

Race-day \$25

Bib # (for official use only)

Checks payable: Borough of USR/DMMR

Mail to: DMMR, P.O. Box 569, Saddle River, NJ 07458  
(must be postmarked by 11/17/09)

Release: In consideration of the foregoing, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Upper Saddle River Recreation Commission, David Siconolfi and Compuscore, the Borough of Upper Saddle River and any and all participating sponsors, donors, and supporters, for all claims of damages, demands and actions whatsoever in any matter as a result of my participating in The Dick Meighan Memorial Run. I attest and verify that I am physically fit and capable of running a 5K footrace and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. The Upper Saddle River Recreation Commission reserves the right to reject any entry.

\_\_\_\_\_  
Signature (parent if under 18)

\_\_\_\_\_  
Date