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Paramus Run
Paramus Recreation Commission
475 Farview Avenue
Paramus, NJ 07652



October 18, 2009

www.ParamusRun.com

31st Annual THE TERRI ROEMER PARAMUS RUN

**Sunday
October 18, 2009**

**Crowne Plaza
Paramus Park
Shopping Center
Paramus, NJ**

**Park Ave BMW / Park Ave Acura
10K Run**

**Lou Lanzalotto Memorial
5K Run and Health Walk**

FEATURING

Custom Long Sleeve T- Shirt

Gift Packs for All

Post Race Runners Party

Prize Drawing and DJ



DATE

Sunday, October 18, 2009

LOCATION

Crowne Plaza/Bonefish Grill,
Paramus Park Shopping Center, Paramus, NJ

SCHEDULE

- Packet Pick-up begins at 7:30 am
 - Park Ave BMW / Park Ave Acura 10K Run 9:05 am
 - 10K Awards 10:30 am
 - Lou Lanzalotto Memorial 5K Run & Health Walk 11:15 am
 - 1 Mile Fun Run for Kids 12:15 pm
 - 5K awards and Prize Drawing 12:30 pm
- Must be present to win prizes.

REGISTRATION

By mail or online at www.ACTIVE.com

FEES

- | | |
|--------------------|---|
| 10K/5K/Health Walk | \$20 until 10/12 (\$18 USATF)
\$25 after 10/12 |
| Fun Run | \$5 (includes free Park
Avenue Auto Group t-shirt) |

COURSE

USATF certified. Fast, tree lined. Mile clocks,
water stops.

SCORING

www.compucore.com

AWARDS

- 1, 2, 3 Overall and Paramus residents, M & F
- 1, 2, 3 Age Groups, 14 & Under to 75 Plus (5 years)

AMENITIES

Long Sleeve T-Shirt (first 1000 entrants - 10K/5K),
Gift Packs, Post Race Runner's Party, Prize Drawing.

INFORMATION/DIRECTIONS

201-265-1921 • 910-686-0026
www.paramusrun.com • www.OYMP.net

Proceeds to Benefit the
Paramus Scholarship Fund



ABOUT THE EVENT

Welcome to the 31st Annual Terri Roemer Paramus Run. Since 1979, runners and walkers have been coming to Paramus on the third Sunday in October to enjoy the beautiful fall weather, participate in one of the most participant focused events of the year and help young people succeed through the Paramus Scholarship Fund.

In 30 years, the Paramus Run, a community sponsored event founded by Terri and Marty Roemer, has raised over \$400,000 for Scholarships. We couldn't have had this level of success without the thoughtful attention of the Board of Recreation, the Board of Education, Paramus Volunteer Ambulance Corps, Paramus Shade Tree & Parks Commission and the Paramus Police Department.

 **Rain or Shine**



www.OYMP.net

DIRECTIONS:

All events take place or begin at the Crowne Plaza at Paramus Park. The Crowne Plaza is located at 601 From Road next to the Paramus Park Shopping Center in Paramus, New Jersey. Arrive early! There's plenty of parking and rest-rooms are available on-site. You can call the Crowne Plaza at (201) 262-6900.

From Garden State Parkway Heading North

Take exit 165. Take 2nd ramp towards Ridgewood, stay in right lane, go over Parkway and follow exit for Garden State Parkway South/From Road. Hotel is 1/2 mile down on right hand side.

From Garden State Parkway Heading South

Take exit 165. Go straight, following signs to Shopping Mall. Hotel is down service road on right hand side.

From Route 17 Heading North

Exit at Midland Avenue toward River Edge, at 2nd light make a left on to From Road, follow the road until the end. Make the left and then the first immediate right. Hotel is on the right.

From Route 17 Heading South

Exit at Ridgewood Avenue, toward Oradell (2nd Exit) Go through 4 Traffic lights, Take the exit for Garden State Parkway South/From Road, hotel is on right hand side of service road.

From Route 4 Heading East

Follow signs for Route 17 North, Then follow directions as above.

From Route 4 Heading West

Follow signs for Route 17 North, then follow Route 17 North Directions as above.

THANK YOU SPONSORS!!!

DIAMOND LEVEL

PARK AVE BMW / PARK AVE ACURA
CROWNE PLAZA AT PARAMUS PARK
PARAMUS PARK SHOPPING CENTER

GOLD LEVEL

Applebees • Bell Corrugated Containers
Bergen Health & Life • Bonefish Grill
California Pizza Kitchen • Globe Shoes, Inc.
Hudson City Savings Bank
Linda Port, RE/MAX Property Center
Mack Cali Realty Corp.
Matrix Physical Therapy, LLC
PSE&G • Road Runner Sports - Paramus
Stop & Shop • TD Bank
The Valley Hospital/Valley Health System
Vander Plaats Memorial Home
Wells, Jaworski & Liebman, LLP
Wendy's - Paramus • Whole Foods – Paramus

POST RACE PARTY SPONSORS

A & P • Bagel Stop (Rt. 17 North)
Haddon House Foods • Isbre
Trader Joes - Paramus • Wendy's – Paramus

Gatorade® Thirst Quencher provided by
The Gatorade Company

MAJOR RAFFLE PRIZE DONORS

Park Ave BMW / Park Ave Acura

BLUE RIBBON SPONSORS

Bennke Building Supply • Campmor
Century 21 Department Stores • Columbia Bank
Dorgan & Dorgan • Ken's Electric
Jeff Lovas CPA • Oradell Animal Hospital
Dr. Panzica • Parwood Sunoco
Shop Rite • Suburban Diner

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31st Annual

**THE TERRI ROEMER
PARAMUS**



2009 ENTRY FORM

Sunday, October 18, 2009
Crowne Plaza
Paramus Park Shopping Center
Paramus, NJ

Please make checks payable to: The Paramus Run • 475 Farview Avenue • Paramus, NJ 07652

last name first name

street

city state zip

Male Female

telephone email

age on October 18, 2009 date of birth 2009 USATF #

Event Entered 10K 5K Health Walk Kids Fun Run

Entry Fees (please check)

Event	Through October 12	October 13 through October 18
<input type="checkbox"/> 10K/5K	\$20.00	\$25.00
<input type="checkbox"/> 10K/5K (USATF Member)	\$18.00	\$25.00
<input type="checkbox"/> 5K Health Walk	\$20.00	\$25.00
<input type="checkbox"/> Kids Fun Run	\$ 5.00	\$ 5.00
<input type="checkbox"/> Entering the 10K and 5K Runs? Please check both boxes and enclose an additional \$10.00.		

WAIVER: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive any claim that I may have against the Paramus Recreation Commission, Paramus Board of Education, Paramus Volunteer Ambulance Corps, Paramus Shade Tree and Parks Commission, the Paramus Police Department, Paramus Park Shopping Center, Crowne Plaza, OYMP or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am physically able to compete in this event.

BIB #

signature (parent/guardian if under 18) date



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