



DIRECTIONS

FROM THE SOUTH

Using Route 17: Follow Route 17 North to Mahwah to exit sign "202 Suffern/Morristown" on right. At the end of the short exit ramp turn left (Route 202 South). Continue on Route 202 to the second traffic light. Race parking is on left.

Using Route 287: Take Route 287 North to exit 66 (Mahwah); follow Route 17 South to Route 202 exit. At the end of the exit ramp make left turn (202 South). Continue on Route 202 to the second traffic light. Race parking is on left.

FROM THE NORTH

Using Route 17: Follow Route 17 South (approximately 1.5 miles from Suffern exit on N.Y. State Thruway). Turn right at Route 202 exit. At end of exit ramp, turn left (Route 202 South). Continue on Route 202 approximately one mile to the second traffic light. Race parking is on left.

Using NY State Thruway: Take N.Y. State Thruway (I-87) South to Route 287 South (New Jersey), exit 15 (Suffern) onto Route 17 South. Follow directions for "From the North Using Route 17."

From Orange County Using Route 17: Follow directions "From the North" using Route 17 (above).

From Westchester and Rockland Counties: Follow Route 287 West over the Tappan Zee Bridge to Route 17 South. Follow directions above "From the North Using Route 17."



MRCC/Trail Conference 5K Race & 3K Walk

Mahwah Regional Chamber of Commerce (MRCC)

Since establishing in 1957, the Mahwah Regional Chamber of Commerce (MRCC) has been committed to advancing the general welfare and prosperity of the greater Mahwah region so that its citizens and its business community may prosper. With a membership of over 600 businesses, MRCC is proud to play an integral role in the economic, social, civic, cultural and educational interests of the region.

New York-New Jersey Trail Conference (NYNJTC)

The Trail Conference builds, maintains and protects 2,150 miles of free public trails. We are not-for-profit, volunteer-powered, and supported by runners and walkers like you. Every year our 1,750 volunteers donate 100,000 hours to keep trails safe, open and protected.

The Trail Conference recently preserved Mahwah's historic Darlington Schoolhouse as our headquarters, public education, training and visitor center. We are now safely enabling foot traffic between Ramapo College and Ramapo Reservation, by the addition of a walkway. We have received Charity Navigator's highest rating as a nonprofit organization (4 stars). Trail Conference members also get great discounts and benefits. Learn more at <http://nynjtc.org>

By participating in or being a sponsor of the MRCC/Trail Conference 5K, you are supporting the Trail Conference, its volunteers, the Darlington Schoolhouse restoration and the MRCC's work in the greater Mahwah region.



The Mahwah Regional Chamber of Commerce
and New York-New Jersey Trail Conference
thank our sponsors for their support.



Westchester Medical Center Health Network



Brandywine Senior Living at Mahwah
Hughes Environmental Engineering • TD Bank



For more information contact MRCC at:
201-529-5566
mahwah.com





MRCC/Trail Conference 5K Race & 3K Walk

5K RACE FEES

\$27 on or before 5-12
\$32 on site

3K WALK FEES

\$10 on or before 5-12
\$15 on site

\$3 DISCOUNT for Members of:

☐ MRCC ☐ NYNJTC ☐ USATF
(No multiple discounts)



TOP 3 AWARDS for 5K male & female overall finishers and age-group finishers.

USATF Member # _____

TO REGISTER ONLINE: Go to mahwah.com or nynjtc.org

TO REGISTER BY MAIL: Fill out and mail to: MRCC 5K, 1 International Blvd., Suite 211, Mahwah, NJ 07495

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Telephone (_____) _____ Age on Race day _____ D.O.B. _____ / _____ / _____

E-mail address (for future events) _____

Emergency Contact _____ Telephone (_____) _____

Please check the appropriate box(es):

☐ 5K Race

☐ 3K Walk (Wear sturdy shoes)

Total Enclosed: \$ _____
Non-refundable

5K Race Only

SHIRTS & PROMO BAGS
for the first 250
pre-registered 5K racers.

Specify size:

☐ Small ☐ Large
☐ Medium ☐ XL



Make a Donation:

☐ I cannot attend but would like to make a donation. My check is enclosed.

REGISTRATION FEE PAYMENT – BY CREDIT CARD OR CHECK

☐ Visa ☐ MasterCard ☐ American Express

Card # _____

Exp.Date _____ CCV#: _____

Signature _____

☐ Check Please make checks payable to "Mahwah Regional Chamber of Commerce"
and mail to: MRCC, 1 International Blvd., Suite 211, Mahwah, NJ 07495

In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators, voluntarily waive any claim that I may have against the sponsors, race committee or their representatives, successors or assignees, Mahwah Regional Chamber of Commerce, New York-New Jersey Trail Conference, Mahwah Police Department, the designated race day EMS provider, and the Township of Mahwah or their representatives, successors or assigns for any injuries that may be suffered by me in this event. I certify that I am in good physical condition for this event.

By participating in the 5K Race and 3K Walk events I, my executors and administrators or assigns do hereby release and discharge MRCC, NYNJTC, their officers, agents, and employees from any liability arising from the use of the participant's photograph(s) and I expressly agree to allow MRCC and NYNJTC to use my photograph(s) in connection with any advertisement of this event or any legitimate purpose in all medias without limitation including electronic publishing, or any future events of the MRCC or NYNJTC without payment of any compensation or remuneration.

Participant Signature (Parent or Guardian if under 18) _____ Date _____

RACE DAY SCHEDULE

CHECK IN & REGISTRATION

Sunday, May 15, 2016 (Rain or Shine)

Darlington Schoolhouse
600 Ramapo Valley Rd, Mahwah, NJ 07430

PARKING available in Ramapo College Parking Lot D-3
Follow signs to the Registration Zone.

7:30 a.m. Check in for 5K Race & 3K Walk

9:00 a.m. Race & Walk begin

10:15 a.m. Awards Ceremony

11:00 a.m. Schoolhouse Tours

12:00 noon Event ends

5K COURSE DESCRIPTION

Starting at the newly restored Darlington Schoolhouse, this relatively flat 3.1 mile course features highlights that include the scenic Ramapo Reservation and River, the beautiful Hunt & Polo Club neighborhood, and Ramapo College's historic Havemeyer House. The course follows a combination of paved roads, wide woods roads and maintained grass and dirt trails before returning to the finish line at the Darlington Schoolhouse.

3K WALK COURSE DESCRIPTION

Starting at the newly restored Darlington Schoolhouse, this flat 1.84 mile course takes you on a scenic tour along the Ramapo River and Scarlet Oak Pond in the Ramapo Reservation. The route follows a mix of roads and well maintained trails before returning to the Darlington Schoolhouse.

**GREAT PRIZES • FOOD • AWARDS CEREMONY
DARLINGTON SCHOOLHOUSE TOURS**

NO DOGS PERMITTED

BENEFITTING



USATF
NEW JERSEY

500 Point Event



North Jersey
2016

Grand Prix

