

TERRI ROEMER PARAMUS RUN

Sunday, October 20, 2019

10K, 5K, Health Walk
One Mile Kids Fun Run

Benefitting the Paramus Scholarship Fund

THE TERRI ROEMER PARAMUS



REGISTER ONLINE



raceforum.com/paramus

LOCATION

Fairfield Inn & Suites Paramus, Paramus Park Shopping Center
GPS Address: 601 From Road, Paramus, NJ

SCHEDULE (RAIN OR SHINE ☀)

7:30 am Packet Pick-up Begins
9:00 am Marty Roemer Memorial 10K Run
10:15 am 10K Awards
11:00 am Lou Lanzalotto Memorial 5K Run and Health Walk
12:00 pm One Mile Fun Run for Kids
12:15 pm 5K Awards and Prize Drawings (must be present to win)

ENTRY FEES

10K, 5K, Walk \$25 through 10/14/19 (\$22 USATF)
\$30 after 10/14/19 and on Race Day
Kids Fun Run \$8 (Park Ave BMW T-shirt to first 100 entries)
\$10 after 10/14/19 and on Race Day

REGISTRATION

Online at raceforum.com/paramus
You may also register on-site on race day.

PRE-RACE PACKET PICK-UP

Road Runner Sports
65 Route 4 East, Paramus, NJ, (201) 226-0035
Friday 10/18 4-8pm, Saturday 10/19 10am-2pm

COURSES

USATF certified. Clocks at each mile.
Fast and rolling, scenic, tree lined. Water stops.
USATF-NJ NBNJ Grand Prix Event.

SCORING

ChronoTrack B-Tag Scoring.
Results: www.compuscore.com

AWARDS

1, 2, 3 Overall & Age Groups, Male & Female
1, 2, 3 Paramus Resident, Male & Female

AGE GROUPS

5 Year Increments: 14 & Under to 85 & Over

AMENITIES

Long Sleeve T-shirt (first 1000 entries, 10K, 5K, and Walk),
Gift Packs, Post Race Party, DJ, Prize Drawing

RACE DAY CELL

(551) 427-2505

MORE INFORMATION

(201) 265-9321 • (908) 902-8587

www.paramusrun.com

facebook.com/paramusrun

www.OYMP.net

THANK YOU SPONSORS!

DIAMOND LEVEL

FLOOR & DECOR

FIDELITY INVESTMENTS

FAIRFIELD INN & SUITES PARAMUS

PARAMUS PARK SHOPPING CENTER

GOLD LEVEL

Applebee's • Bonfish Grill

Globe Shoes • Jersey Mikes, Paramus

Linda Port RE/MAX Property Center

Maven Center • Park Ave BMW/Park Ave Acura

Road Runner Sports Paramus

The Shannon Rose Irish Pub

Stop & Shop • TD Bank

The Valley Hospital/Valley Health System

Vander Plaat Memorial Home

POST RACE PARTY SPONSORS

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Bagel Supreme • McDonald's

Gatorade Thirst Quencher

BLUE RIBBON SPONSORS

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