



For Immediate Release

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Registration Open for Upper Saddle River 5K Thanksgiving Run *Thursday, November 26, 2015*

Upper Saddle River, NJ – Calling on all area runners, joggers, walkers and those who want to make this race their first: The Upper Saddle River 5K Run is opening for business! Register for the largest 5K race held in Bergen County on Thanksgiving Day at 9:00 a.m. at Cavallini Middle School on 392 West Saddle River Road.

The charity race is both a competitive road race and fund raiser for local and national organizations including D.A.R.E., Ambulance Corps and Fire Department, USR Youth Triathlon, Saddle River Service Corps, Boy Scouts and Girl Scouts of America, USR Educational Foundation, Center for Hope and Safety, Jeremy's Heroes, The Rose Foundation of Haiti and the "Extra Mile" Scholarship Fund. Since the race began, over \$220,000 has been donated to these organizations.

"We are more excited than ever to host this year's Upper Saddle River 5K Run," said Marshall Grupp, Founder/Co-Race Director. "The race has become the first stop for area residents on Thanksgiving and a time to catch up with college students and other expats visiting families that day. We recommend pre-registering online to avoid long lines that day."

Drop-off and pick-up: This year, race participants are asked to drop off unused sheets, pillow cases, towels and/or pillows that will be donated to a shelter for women and children, when you pick up your race packets. Pre-registration is recommended at <http://register.compuscore.com/usr5k>. The fee is \$25 and \$30 on race day. Pre-registered racers can pick up their shirt, race number and timing chip on November 25th from 7:00-9:30 pm at Cavallini Middle School in Upper Saddle River. All donations should be made out to Borough of USR and sent to Ed Gartner, Recreation Director, c/o USR Borough Hall, 376 West Saddle River Road, Upper Saddle River, New Jersey 07458. For questions and to make corporate or individual donations contact Marshall Grupp at 212.388.1231.

Group discounts: For the first time, groups that register 50 or more runners, will receive a \$5 discount per runner. A check will be given to the group leader after the race, which can then be distributed to the runners.

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