



## ***NJIT Alumni XC Opener***

**Date:** Friday, August 29th, 2025

**Course Location:** Branch Brook Park, Newark, NJ - section of the park between Bloomfield Ave. and Heller Pkwy. ***Directions and parking instructions at the end of this document***

**Time:** 6:10pm Women's 5k Invitational, 6:45pm Men's 8k Invitational.

**New This Year:** After a 8 year break we bring back our Alumni race re-imagined, it had a great 10 year run, and now it returns on the same flat, fast, soft surface workout loop we all love. Whether looking for an early season quick time trial, or to get your team's "workout" in that ticks the compliance box we are here for it! This meet will be a select group of teams that aims to lower costs for in-state and NJ adjacent teams.

**New This Year:** For \$20 we will accept unattached athletes into this race, this is a great way for Alumni and members of the community to participate, please be 18+. Cash on the day **ONLY**. Please print and sign a release of liability waiver, these will be collected in the race box 10min prior to the gun if you want to run, there will be a limited amount available on race day too.

**Results:** We will expertly be hand-timing to keep entry fees low for all, and will upload to tfrs.

**Prizes:** First Alumni in each race gets a back-pack! All alumni get a free t-shirt!

**Registration:** Registration/entries will be on Direct Athletics. Entries will open on Wednesday, July 16 and will close on Sunday, August 24 at 12am. Only teams invited to participate may enter. Please see payment instructions below. Please email Coach Cook directly if you are unable to register or pay via Direct Athletics. The meet will be collegiate teams **ONLY**.

**Entry Fee:** \$175 per team; \$350 for men and women combined.

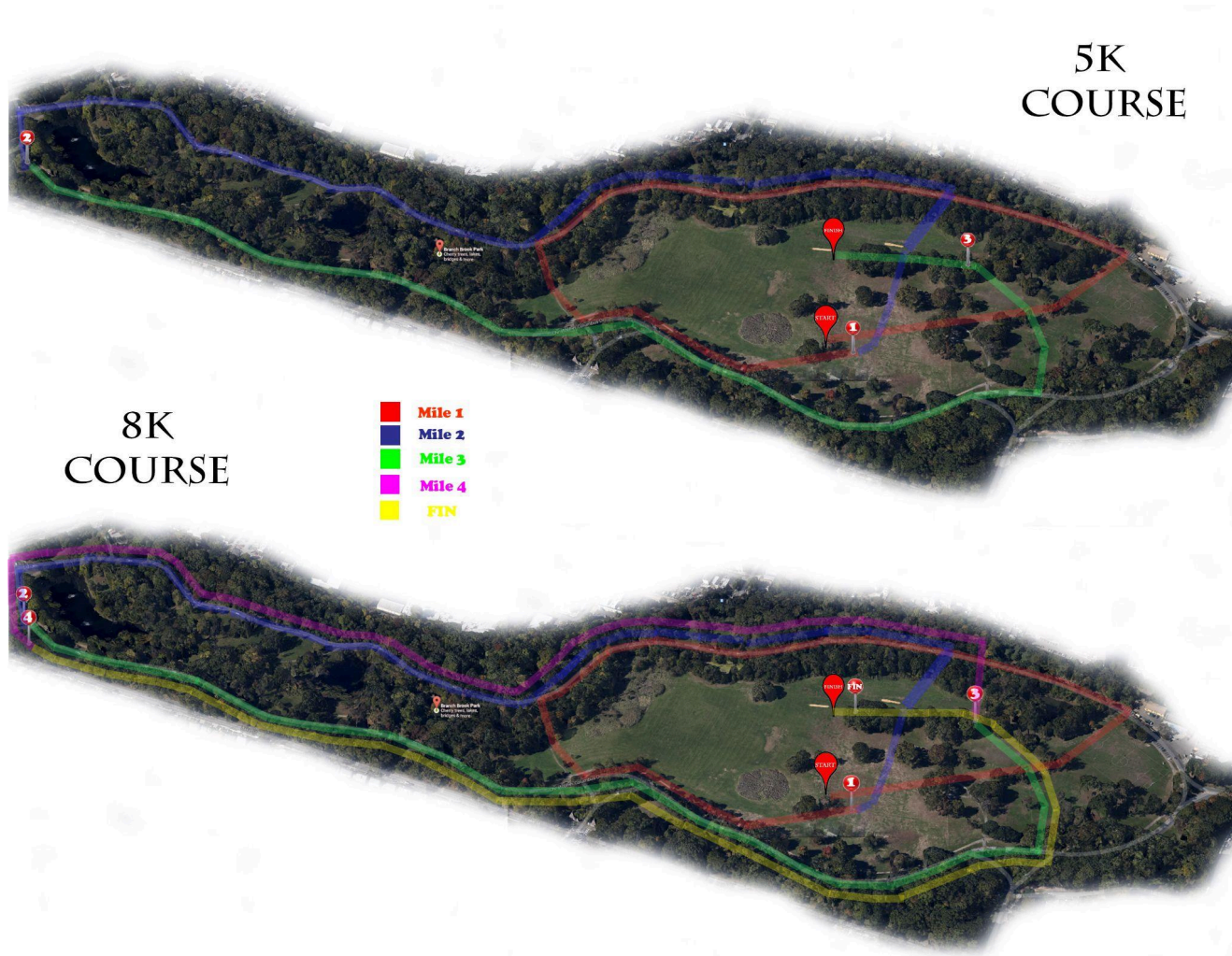
**Payment:** All entry fees need to be paid online with a credit card through Direct Athletics.

**Medical:** We will have 1 trainer available for medical emergencies. Please bring your own water and ice as it can still be very warm in the evenings this time of year.

**Contact:** Mike Cook at 973-558-0221 or [michael.cook@njit.edu](mailto:michael.cook@njit.edu) , follow @coach.mc\_ & @njitxctf on instagram for more updates as we approach!

**Course Description:** Flat and fast. Grass, dirt, and rubber. Both men and women run the first loop (1mile) and the last loop. Men run an additional loop in the middle (same as last loop). Course will be marked with arrows, flags, and cones. New more Prominent Markers at every kilometer and finish line clock.

## Course Map:



## Directions to BRANCH BROOK PARK, Newark, NJ:

### **From the Garden State Parkway**

Take Exit 145 (Newark-The Oranges) to I-280 EAST to Exit 13 (Newark-First Street).

LEFT at bottom of ramp onto FIRST STREET.

RIGHT at first light onto ORANGE STREET.

At second light turn LEFT onto CLIFTON AVE.

Park entrance is about 1/2 mile ahead on the left. Enter park and follow park road for about 2.5 miles (you will go under 2 overpasses). Look for flag pole and tents on the infield).

### **From the NJ Turnpike**

Exit 15-W to I-280 West (after drawbridge) to Exit 14A (Clifton Avenue). Up ramp, RIGHT at light onto Clifton Ave. Park entrance is ahead on the left. Enter park and follow park road for about 2.5 miles (you will go under 2 overpasses).

Look for flag pole and WHITE/RED tents on the infield).

### **Route 78**

Take Route 78 to the Garden State Parkway. Follow GSP directions.

### **New York Thruway**

Thruway to Exit 14A, Garden State Parkway. Follow GSP directions above.

### George Washington Bridge

NJ Turnpike South to Exit 15W. Follow NJ Turnpike directions above.

### Lincoln Tunnel

West on Route 3 to NJ Turnpike South to Exit 15W. Follow NJ Turnpike directions above.

### From Brooklyn, Queens and Long Island

Take Verrazano-Narrows Bridge (Interstate 278) and follow 278 across Staten Island. Cross Goethals Bridge. Follow signs to New Jersey Turnpike North then follow New Jersey Turnpike directions above.

### From NYC by train

PATH or NJ Transit train to Newark Penn Station. Take Newark subway to Davenport Ave station or Branch Brook Park Station. (see from NJIT).

### From NJIT

Take the Newark subway from Warren Street Station (located on Lock St. next to the athletic field) to Davenport Ave Station (walk 50m into park via path, cross street and go over path/bridge, turn left and walk 200m to staging area. Or get off at Branch Brook Park station, walk into park and turn right. Staging area would be about 200m past Heller Pkwy. OR Walk(2.75 miles from campus) down Lock St and turn left onto Central Ave. go to the light and turn right onto Norfolk St.. Park entrance is just past route 280. Enter park and follow roadway for approximately 2 miles to start of course which located near Heller Pkwy.

Park entrance is located next to Cathedral Basilica. XC course is located in the park loop between Bloomfield Ave and Heller Pkwy about 2 miles from park entrance (see map below)

### Parking

On-street parking is available inside the solid white line around the perimeter of the infield. Parking lots are located at the north end (see map below). Address for park entrance: 257-259 Ballantine Pkwy, Newark, NJ 07104

