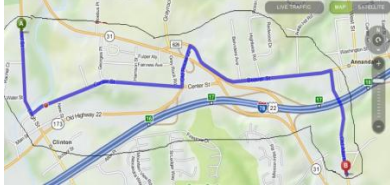




Immaculate Conception Parish in Annandale is excited to announce its First Annual "Run to the Rides" 5k Run/Walk. This inaugural 5K event will be held on June 23, 2013 and promises to be a great day for all. Whether you have been running competitively for years or this is your first time, this is the event for you. We invite you to run, walk, jog and most importantly, have FUN! All proceeds will assist Immaculate Conception with the continuance of its many outreach programs. Race begins at 3:00 p.m.

Course Description



Cross-country running course with both major and minor hills. Terrain is entirely pavement.

5K Registration

Register Online at:

www.icscClinton.org or visit www.bestrace.com

\$30 Pre-Registration

Last day to pre-register: June 21, 2013

\$35 Registration after June 21, 2013 and day of 5K

5K Schedule of Events

1:30 pm Registration/Check-In begins at

Immaculate Conception Church,

316 Old Allerton Road, Annandale, NJ

Runners and guests will be shuttled to the North County Branch

Library located at 65 Halstead Street, Clinton, NJ for Registration

and Check-In

3:00 pm Runners/Joggers/Walkers begin the 5k

4:30 pm Awards Ceremony Begins

5K Race Awards

Top male and female overall in the following age groups:

8 & under, 10-14, 15-19, 20-29, 30-39, 40-59, 60 & over

Additional Information:

All registered runners and walkers will receive a

"Run to the Rides" T-shirt

Refreshments will be provided for all participants

Sponsorship Opportunities:

For information regarding sponsorship opportunities, please

contact Sharon Hillwig at shillwig@comcast.net or phone

(908)735-7319

5K Registration: Please complete the form below and return it to: Immaculate Conception Church-Run to the Rides

316 Old Allerton Road

Annandale, NJ 08801

Sex: ___ Male ___ Female

I will be: Running Walking

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

E-Mail _____ Age _____

Please read waiver carefully. It includes a release of liability and waiver of legal rights and deprives you of the ability to sue certain parties. Do not agree to this document unless you have read and understood it in its entirety. By agreeing, you acknowledge that you have both read and understood the text presented to you as part of the registration process. You also understand and agree that events carry certain inherent dangers and risks which may or may not be readily foreseeable, including without limitation personal injury, property damage or death. Your ability to participate in the event(s) is/are subject to your agreement to the waiver and by agreeing herein, you accept and agree to the terms of the waiver and release agreement.

Signature _____ Date _____

Parent Signature _____

(If under 18)