

USATF certified course #NJ09502JHP
USATF-NJ points awarded



- Trophies for top overall male and female finishers; Medals for top 3 finishers, male and female, in 5-year age groups (10 & under, up to 80+)
- Scoring by Best Racing Systems
- Water stations on the course
- Post-race refreshments
- T-shirts (guaranteed for all pre-registered participants, then as supplies last)
- Door prize give-aways for registered participants (must be present to win)
- Jambox "Big Jambox" Bluetooth speaker raffle (need not be present to win)
- Kids' activities with prizes for all

Schedule

8:30- 9:30 a.m. Check-in/Registration
9:30 a.m. 1 mile health walk
10:00 a.m. 5K race
11:00 a.m. Awards, door prizes

Sunday May 18, 2014

9:30 a.m. 1 mile walk

10:00 a.m. 5K race

Mountain Park

Martinsville Rd. & Mountain

Rd. Basking Ridge, NJ 07920

(near The Pingry School)

Bernards PEC is a 501(c)(3) non-profit organization supporting children with learning and developmental disabilities and their families. Race proceeds will be used to fund ongoing Disability Awareness and Sensitivity Workshops for all Bernards Township students in grades 3 and 6, and mentor training for Bernards PEC's Mentor Program.

Register online at www.bernardspec.com or www.bestrace.com

Questions? Contact us at bernardspec5K@gmail.com

Last Name _____ First Name _____ Age (on race day) _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____ Gender (circle one) M F

T-Shirt Size (circle one): **S M L XL** (t-shirts guaranteed for all pre-registered participants, then as supplies last) 2014 USATF-NJ# _____

Waiver and Release: In consideration of your accepting this entry, I the undersigned, intending to be legally bound for myself, executors and administrators, waive any and all rights and claims for damages and injury I may have against Bernards PEC and any and all sponsors and their agents, representatives, successors, and assigns and all other persons or entities involved in the promotion and staging of this May 18, 2014 5K run/walk, for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace or walker entrant, that I am physically fit and have trained sufficiently for the competition of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for legitimate purpose.

Signature: _____ Parent Signature (if under 18) _____

\$25 pre-race registration (May 8 postmark deadline)

\$22 pre-race registration for USATF-NJ Members (May 8 postmark deadline)

\$30 race day registration

In addition to, or in lieu of registering to run/walk, I would like to make a donation of \$ _____

Checks payable to: "Bernards PEC"

Send to: Bernards PEC, 5 Lyons Mall, #160, Basking Ridge, NJ 07920

