



**MOTHER'S DAY 5K RACE
BERKELEY HEIGHTS • SUNDAY • MAY 13, 2012**

**Chip-timed race, hosted by the Berkeley Heights YMCA and the Summit YMCA.
Proceeds benefit LIVESTRONG® at the YMCA, our innovative, free, 12 week cancer recovery program.
Run/Walk and raise funds in memory of or in honor of
a family member or friend whose life has been affected by cancer.**

REGISTRATION:

To enter, fill out and sign the application below, return it with your entry fee to: Andrea Kost, Summit Area YMCA, 490 Morris Avenue, Summit, NJ 07901. For more information or to **register online visit www.theSAY.org**. Pre-registration deadline is April 30.

ENTRY FEES: Make checks payable to Summit Area YMCA or pay online at www.theSAY.org.

Registration Type	Entry Fee Pre-register by April 30	Entry Fee Register from May 1 to 13	I will raise funds in honor of a loved one or friend	Total Amount
Individual	\$20	\$25		Entry fee
Individual In Honor of	\$20	\$25	\$100	Entry fee + \$100
Team In Honor of	\$25/team	\$30/team	\$500/team	Entry fee + \$500
Tot Trot	\$5	\$5		Entry fee

AWARDS:

Awards will be given to M/F overall, M/F (3 deep), 6-9, 10-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

AMENITIES:

T-shirts guaranteed to runners/walkers pre-registered by May 3. Snacks and beverages at Memorial Field.

COURSE and LOCATION:

Scenic Berkeley Heights neighborhoods, rolling hills and flats. Race begins and ends at Memorial Field, Berkeley Heights.
USATF sanctioned course.

RACE DAY SCHEDULE:

Race Day Registration, 7:30 am to 8:30 am. 5K Race/Walk start 9:00 am. (Pre-race check-in, Saturday, May 12, 1:00 to 4:00 pm at the Berkeley Heights YMCA). Tot Trot scheduled for 10:00 am. Awards ceremony will follow at 10:15 am.

Official Entry Form

Mother's Day 5K Race, Sunday • May 13, 2012 • 9:00 am • Memorial Field, Berkeley Heights, NJ

Please complete a form for each individual runner/walker and for each team member.

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ DOB _____

Email _____

Age on race day _____ Male _____ Female _____

Emergency Contact _____ Phone _____

Adult T-Shirt: _____ Small _____ Med _____ Large _____ Extra Large

Youth T-Shirt: _____ Small _____ Med _____ Large _____ Extra Large

____ Please check if you would like a T-Shirt indicating you are in cancer survivor.

Registration Type

You can register online as an individual racer or team. After registering on-line, individuals will receive a confirmation e-mail with a link to customize their own webpage that can then be sent to family members and friends to help you support the LIVESTRONG at the YMCA cancer survivor program.

____ I am registering as an individual racer. You can also register online at <http://say.webconnex.com/5K>.

____ I am registering as an individual racer and running in honor of _____, my _____ (relationship). I will get my friends and family to support me and will submit \$100 to support LIVESTRONG at the YMCA by May 7 using the attached form.

____ I am registering a TEAM of racers who will be running in honor of _____. My team will raise \$500 to support the LIVESTRONG at the YMCA. I will provide the attached form to each member of my team and I will turn in \$500 to support LIVESTRONG at the YMCA by May 7. You can also register online at <http://say.webconnex.com/5K/team>.

Team Name: _____

Team Members:

1. _____ 2. _____

3. _____ 4. _____

5. _____

Each member of the team must fill out the official Entry Form and indicate their team name on their Entry Form. Individuals or team members can register for the race online as well as do their fundraising with friends and family members via e-mail.

Registration Fee: Enclosed is my race registration fee of \$ _____

Waiver/ publicity release: The Summit Area YMCA, the Town of Berkeley Heights, their leaders, officers, sponsors and/or anyone else connected with the race shall not be liable for any injuries, illness, loss or damage to any person or property as a result in participation of this race. Each participant assumes the risk associated with a running event. I release any and all liability attributed in any legal way to the aforementioned groups. I attest to the best of my knowledge that I am physically fit and am able to compete in the Mother's Day 5K, 2012. I grant permission to all the foregoing to use my photographs, motion pictures, recording or any other record of this event for any innate purposes. By signing my name below, I certify that I have read all terms and condition of this release and do intend to be legally bound thereby.

Signature _____ Parent signature if under 18 _____