

# THE 3RD ANNUAL SCHOOL OF ST. ELIZABETH/OLPH CROSS & CROWN 5K



**Saturday March 29, 2014**  
**Bernardsville, NJ**  
**9:00 AM Start**

## **Location**

School of St. Elizabeth  
30 Seney Drive  
Bernardsville, NJ 07924

## **Course**

USATF Certified Grand Prix 5K through  
beautiful rolling hills of Bernardsville  
Fast downhill finish!!!

## **Schedule**

7:30 AM - registration/packet pickup  
9:00 AM - 5K START  
10:15 AM - awards



## **Awards**

Top 3 Male and Female overall and  
5 year age groups: 14 and under to 80 +  
Ribbons to all finishers 10 and under

## **Amenities**

- Dri-fit t-shirts to first 250 registrants
- Music and refreshments
- Results by Best Racing Systems  
[www.bestrace.com](http://www.bestrace.com)

## **Registration**

Mail-in registration fee \$27 (by 3/19)  
USATF-NJ members \$24 (by 3/19)  
Late and day of registration \$32  
Register online at [bestrace.com](http://bestrace.com)

***All proceeds to benefit School of St. Elizabeth and Our Lady of Perpetual Help Parish***

----- Detach Entry Form -----

Name \_\_\_\_\_ Gender  M  F

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Age on race day \_\_\_\_ DOB \_\_\_\_\_ T-shirt size S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ USATF-NJ # \_\_\_\_\_

**Payment information: Please make checks payable to School of St. Elizabeth**

**Release:** For the safety of all participants, no skates or animals are permitted. The use of headphones is strongly discouraged. Registration fees are not refundable. In consideration of being allowed to participate in this racing event, I personally assume all risks in connection with this race due to my participation in the race and for any possible cancellation or reschedule of the event due to dangerous conditions or unplanned circumstances. I release the School of St. Elizabeth, Our Lady of Perpetual Help Parish, race organizers, directors, volunteers, sponsors and their representatives, officers, agents and employees and successors from any claim by me and my family, estate, heirs, or assigns, for injury or damage which may occur due to my participation in the race. I have signed this release freely and voluntarily with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm here that I am physically fit and qualified to participate in this race and that I am at least 18 years of age or have had this signed by my guardian, if I have not yet reached age 18.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian if under 18)

Please return completed registration form and payment to:  
Susan Howley, Cross & Crown 5K  
School of St. Elizabeth, 30 Seney Drive, Bernardsville, NJ 07924  
Phone: 908-625-1889 email: [cshowley1@msn.com](mailto:cshowley1@msn.com)