



# STRIVE FOR 5

## Bridgewater's 5K Spring Fitness Challenge Presented by Bridgewater Baseball and Mayor's Wellness Challenge

**Date:** Sunday May 1<sup>st</sup>, 2011  
**Location:** Duke Island Park  
 Old York Road, Bridgewater, NJ 08807  
**Race Start:** 9:00 a.m.  
**Registration:** Online Registration by April 30<sup>th</sup>, 2011

- Payment via Credit Card by April 30<sup>th</sup>, 2011
- Payment via Mail by April 26<sup>th</sup>, 2011
- On Race Day, Cash or Check only 7:30 – 9:00 a.m.

**Timing & Results:** <http://www.bestrace.com/>

**Awards Ceremony:** Conclusion of 5K race, Awards by age group

**For More Information or Forms:**  
<http://www.bridgewaterbaseball.com> or [randylangefeld@optonline.net](mailto:randylangefeld@optonline.net)

Directions: <http://www.somersetcountyparks.org/genInfo/directions/DukeIsland.html>



USATF Certified  
 NJ03007LMB

### Entry Fees

**Preregistered:** \$25.00 Includes T-Shirt  
**Day of Race:** \$28.00, T-Shirt based on availability

All Fees are nonrefundable  
 \$2 discount for NJ USATF members

### Mail form and entry fee payable to:

**Bridgewater Baseball**  
**Attn: Randy Langefeld**  
**3 Meyers Way**  
**Bridgewater, NJ 08807**

Name – Last: \_\_\_\_\_ First: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Sex: (circle one) M F Birth Date: \_\_\_\_\_ Race Day Age: \_\_\_\_\_

T-Shirt (circle one) S M L XL USATF-NJ# \_\_\_\_\_

Waiver/Release: I hereby acknowledge & understand that participation in the Strive for 5 Bridgewater's 5K Spring Fitness Challenge is a potentially dangerous activity. I recognize that I should not enter & participate unless I am medically able & properly trained. I agree to abide by the decision of any event official relative to my ability to safely complete the course. I assume all risks associated with my participation in the event for which I am entering, including but not limited to: falls; contact with other participants; effects of any adverse weather conditions, including but not limited to: heat, cold, ice & humidity; traffic & road conditions. All of the above risks being known & appreciated by me. Having read & fully understood this waiver, knowing these facts & in consideration of acceptance of this application, I for myself & anyone entitled to act on my behalf, waive & release, Bridgewater Baseball, all sponsors, their representatives, agents, successors & volunteers from all claims or liabilities of any kind arising from my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission from all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event or my likeness for any legitimate purpose.

### For Official Use Only:

\_\_\_\_\_  
 Signature or Parent or Guardian Signature if entrant is under 18 years of age      Date      Amount      Cash      Check #      **or**      Participant

In case of Inclement weather please check the website