

**5th Annual
Merrill Lynch sponsored
New Balance Girls on the Run 5K
Monday, June 8 6:30 PM**

Girls on the Run is an experiential running program for girls in grades 3-5 & 6-8. The program is designed to prepare girls for a lifetime of self-respect and healthy living. The program culminates in the running of the Girls on the Run 5K race. The program serves girls in the Somerset County area. For more information go to girlsontherun.org.

Girls on the Run is sponsored by the Friends of Somerset County Youth



Online Registration
www.raceforum.com
www.active.com



Location
**Colonial Park
Metllars Lane
Somerset, NJ**

Schedule
Packet Pick-Up June 8 - 5:00 PM
Race Start - 6:30 PM

Entry Fees – Non refundable

5K Pre-Registration - \$15
After June 1 - \$20
Race Day Registration - \$20
\$2 Discount for USATF-NJ Members

Scoring
Best Racing Systems
besttrace.com

Course
USATF certified/sanctioned event
NJ Grand Prix 500 Points
Flat & fast, closed to traffic, water stops on course & finish

Awards
1st, 2nd & 3rd Overall Male/Female
1st, 2nd & 3rd in 5 year age groups 10 & under, 11-65 M/F

T-Shirts & race bags to all pre-registered 5K runners, others while supplies last.

Official Entry Form - Pre-registration ends June 1, 2009
Mail check & entry form to: GOTR 5K 5 Pirozzi Lane Hillsborough, NJ 08844
Make checks payable to: Friends of Somerset County Youth

Last Name _____ First Name _____ Email _____

Street Address _____ City _____ State _____ Zip _____

DOB _____ Age on Race Day _____ Sex M F USATF # _____

Please read carefully and sign Release and Waiver of Liability: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Friends of Somerset County Youth, Girls on the Run International, the Somerset County Park Commission, all race volunteers and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the person named in this waiver. Furthermore, I grant to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (if over 18) _____ Date _____

Parent or Guardian Signature (if under 18) _____

For more information contact Donna Dourney at dldourney@gmail.com

