

New Balance Girls on the Run 5K Sunday, November 15 11:00AM

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
Somerset Hills YMCA
140 Mt. Airy Rd.
Basking Ridge, NJ

Schedule
Packet Pick-Up Nov. 15 – 9:00 AM
Race Start – 11:00 AM

Scoring
Best Racing Systems
bestrace.com

Entry Fees – Non refundable
5K Pre-Registration - \$15
After Nov. 6 - \$20
Race Day Registration - \$20
\$2 Discount for USATF-NJ Members

Course
USATF certified/sanctioned event
NJ Grand Prix 500 Points
Flat & fast, 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 Nov. 6, 2009

Mail check & entry form to: Somerset Hills YMCA 140 Mt. Airy Rd. Basking Ridge, NJ 07920 Attn: D. Dourney

Make checks payable to: Somerset Hills YMCA

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 Hills YMCA, 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 ddracedirector@gmail.com