

Dumont Fall Run for Fun

5K Run and 1 1/2 Mile Walk

1/2 Mile Kid's Sprint to the Finish (ages 5 - 10)

Saturday, September 8th, 2007

Honiss School, Dumont, NJ

1 1/2 Mile Fun Walk

8:10 am

1/2 Mile Kid's Sprint to

Finish - 8:40 am

5K Run - 9:10 am

T-Shirts

Age group trophies

Ribbons to 1st 100 walkers

Medals to 1st 100 finishers

**Medals to 1st 5 Sprint to the
Finish runners**

Proceeds to benefit The Ryan Caspare Fund to fight childhood cancer

Check-in on date of run at Honiss School 7:00-8:40 am

Entry Fees:

5K \$15.00 / \$13.00 for USATF Members

1 1/2 mile walk \$10.00

1/2 Mile Kid's Sprint to the Finish \$5.00

Awards:

1st, 2nd, and 3rd place medals and watches for top runners in each age group & top three overall

Course:

Flat, 2 slight inclines, running through middle of Dumont Day site at Memorial Park.

Strollers and baby joggers welcome in 1 1/2 mile walk only

No skates, bikes, roller blades or pets.

Amenities:

T-shirts and gift bags to pre-registrants and on race day while supplies last.

Trainer and ambulance on site.

**For more information contact Harry Stylianou (H) 201-439-1106, (C) 201-403-4370 or
Allen Dickon (H) 201-384-0508, (C) 201-376-3187**

Official Entry Form

Make checks payable to: The Ryan Caspare Fund.

Mail to: James R. Gash, 140 Fern Street, Washington Township, NJ 07676

Postmark by 8/15/2007

☐ 5K Run

☐ 1 1/2 Mile Walk

☐ Kid's Sprint to the Finish

Last Name: _____ First Name: _____ Phone: (____) _____

Street Address: _____ City: _____

City: _____ State: _____ Zip: _____ Email: _____

Date of Birth: ____/____/____ Age on Race Day: _____ Sex: M ____ F ____ T-Shirt: S ____ M ____ L ____ XL ____

2007 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 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 Borough of Dumont, Dumont Vol. Ambulance Corps., Dumont Bd. Of Ed., The Ryan Caspare Fund or their Reps., Successors or Assignees for injuries suffered by me in this event.

Signature (if over 18) _____ Date ____/____/____

Parent or Guardian Signature (if under 18) _____

Course is Certified by USA Track and Field

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