



Dumont Run for Fun

Saturday, September 13, 2008
Honiss School, Dumont, NJ

5K Run and 1 1/2 Mile Walk
1/2 Mile Kids' Sprint to the Finish (ages 5-10)

Proceeds to benefit:
The Ryan Caspare Fund to fight childhood cancer

Ribbons to 1st 100 walkers • Medals to 1st 100 5K finishers

Medals to 1st 75 Kids Sprinters • Random giveaways • T-Shirts • Age group trophies

Entry Fees:

- 5K \$15.00 / \$13.00 for USATF members
- 1 1/2 mile walk \$10.00
- Kids' Sprint to the Finish \$5.00

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 race
- No skates, bikes, roller blades or pets
- Course is certified by USA Track and Field

Awards:

- 1st, 2nd, and 3rd place trophies and watches for top runners in each age group
- Plaques awarded to top 3 Dumont runners

Amenities:

- T-shirts and gift bags to pre-registrants and on race day while supplies last
- Athletic trainer and ambulance on site

For more information contact:

- Harry Styliano: (Home) 201-439-1106 (Cell) 201-916-2323
- Allen Dickon: (Home) 201-384-0508 (Cell) 201-276-3187

Check-in on date of run at Honiss School 7:00-8:40 a.m.

- **1 1/2 Mile Walk 8:10 a.m.**
- **1/2 Mile Kids' Sprint (ages 5-10) 8:40 a.m.**
- **5K Run 9:10 a.m.**

Course certified by



Make checks payable to: The Ryan Caspare Fund.

Mail to: James R. Gash, 140 Fern Street, Washington Township, NJ 07676 • Postmark by 8/15/2008

Official Entry Form for the Dumont Run for Fun

5K Run 1 1/2 Mile Walk Kids' Sprint to the Finish

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

Street Address: _____

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

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

2008 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) _____