

Dumont Run for Fun 2009

Saturday, September 12, 2009
Honiss School, Dumont, NJ

5K Run and 1 1/2 Mile Walk
1/2 Mile Kid's Sprint to the Finish (ages 5-10)
1 1/2 Mile Kids Run (ages 12 and under)

Proceeds to benefit:
Dumont Care Fund

Ribbons to 1st 100 walkers ♦ Medals to 1st 100 5K finishers ♦ Medals to first 75 Kid Runners
Medals to 1st 75 Kids Sprinters ♦ Random giveaways ♦ T-Shirts ♦ Age group Trophies

Entry Fees:

- 5K Run: \$20 (Students \$15)
- 1 1/2 mile walk: \$15.00
- Kids' sprint to the finish: \$5.00
- Kids 1 1/2 mile run: \$8.00

Awards:

- 1st, 2nd and 3rd place trophies and prizes for top runners in each group
- Plaque awarded for top 3 Dumont runners

Course:

- Flat, 2 slight inclines, running past Memorial Park
- Strollers and baby joggers welcome in 1 1/2 mile walk
- No skates, bikes, roller blades or pets
- Course is certified by USA Track and Field

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:

- Allen Dickon: (Cell) 201-376-3187
- Harry Stylianou: (Cell) 201-916-2323

Check-in on date of run at Honiss School.....7:00-8:45 a.m.

- 1/2 Mile Kids' Sprint (Ages 5-10)8:00 a.m.
- 1 1/2 Mile Run (12 and under).....8:30 a.m.
- 1 1/2 Mile Walk.....8:30 a.m.
- 5K Run.....9:10 a.m.

Make all checks payable to: Dumont Run for Fun 2009

Mail to Ellen Zamechansky, 77 Randolph Ave, Dumont, NJ Postmark by 8/15/2009



Official Entry Form for the Dumont Run for Fun

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

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 ___

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 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 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., Successors or Assignees for injuries suffered by me in this event."

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

Parent or Guardian Signature (if under 18) _____