

# Dumont Day's Annual 5K Run

Proceeds to benefit: Dumont Cares Fund

**SATURDAY SEPTEMBER 10, 2011**  
**DUMONT HIGH 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)**

5K Run and 1 1/2 Mile Walk: Trophies for 1st, 2nd, 3rd over all - Both Male & Female  
Following Categories: 14 & younger, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
Medals to 1<sup>st</sup> 75 Kid Sprinters and Kids 1 1/2 Mile Kids Run

Entry Fees prior to August 1st:	Entry Fees After August 1st:
<ul style="list-style-type: none"><li>• 5K Run: \$20 (Students &amp; Srs. 60+ \$15)</li><li>• 1 1/2 mile walk: \$15</li><li>• Kids Sprint to the Finish: \$10. (ages 5 – 10)</li><li>• Kids 1 1/2 Mile Run: \$10. (14 yrs &amp; under)</li></ul>	<ul style="list-style-type: none"><li>• 5K Run: \$25 (Students &amp; Srs. \$20)</li><li>• 1 1/2 Mile Walk: \$20</li><li>• Kids Sprint to the Finish: \$15</li><li>• Kids 1 1/2 Mile Run: \$15</li></ul>

### Course (subject to change)

- ❖ Flat and fast with few hills ❖ Strollers and baby joggers welcome in 1 1/2 mile walk ❖
- ❖ No Skates, bikes, roller blades or pets ❖ Certified by USA Track and Field ❖

For more information contact:

Allen Dickon: (201) 376-3187 or Harry Stylianou: (201) 956-1295

### Amenities

- ❖ T-Shirt and gift bags while supplies last ❖ Athletic Trainer and Ambulance on site ❖

### Check-in Time of Run at High 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 Day 5K Run

Mail to Ellen Zamechansky, 77 Randolph Ave. Dumont, NJ, 07628 Early Bird if Postmarked by 8/1/11

### Official Entry Form for the Dumont Run for Fun

( ) 5K Run ( ) 1 1/2 Mile Walk ( ) 1/2 Mile Kids Sprint to the finish ( ) 1 1/2 Mile Kids Run

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_/\_\_/\_\_ Age on Race Day \_\_\_\_\_ Sex: M\_\_ F\_\_ Email \_\_\_\_\_

T-Shirts: Kids: M\_\_ Adults: S\_\_ M\_\_ L\_\_ XL\_\_

**RELEASE:** 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 affect of the weather, including low or high temperatures/humidity, traffic, 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, its officers, members, race volunteers, its Departments, employees 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 persons named in this waiver. \*\* No refunds given on day of race.\*\*

Signature (if over 18) \_\_\_\_\_ Date \_\_/\_\_/\_\_

Parent of Guardian Signature (if under 18) \_\_\_\_\_

