

Dumont Annual 5K Run

Proceeds to benefit Dumont Cares Fund

SATURDAY, SEPTEMBER 1, 2012
DUMONT HIGH SCHOOL, DUMONT, NJ

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

5K Run - Trophies for 1st, 2nd, 3rd overall M/F plus 14 & under then 5 year age groups to 70+
1 1/2 Mile Run/Walk - Trophies for 1st, 2nd, 3rd M/F Runners - ages 12 and under
1/2 Mile Kids Sprint to the Finish - Trophies for 1st, 2nd, 3rd M/F - 5-7 & 8-10 age groups
Medals to 1st 75 Kid Sprinters and 1 1/2 Mile Run/Walk Finishers

Entry Fees prior to August 1st: <ul style="list-style-type: none">• 5K Run - \$20 (Students & Srs. 60+ \$15)• 1 1/2 mile Run/Walk -\$15 (\$10-12 yrs & under)• 1/2 Mile Kids Sprint to the Finish - \$10	Entry Fees After August 1st: <ul style="list-style-type: none">• 5K Run - \$25 (Students & Srs. 60+ \$20)• 1 1/2 mile Run/Walk -\$20 (\$15-12 yrs & under)• 1/2 Mile Kids Sprint to the Finish - \$15
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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, Rafael Riquelme (201) 376-8234 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/Walk	8:30 a.m.
• 5K Run	9:10 a.m.



Make all checks payable to: Dumont Annual 5K Run

Mail to Ellen Zamechansky, 77 Randolph Ave. Dumont, NJ, 07628 Early Bird if Postmarked by 8/1/12

Official Entry Form for the Dumont Annual 5K Run

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

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, it's officers, members, race volunteers, it's 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 18 or old) _____ Date ___/___/___

Parent or Guardian Signature (if under 18) _____