

Dumont Annual 5K Run

Proceeds to benefit Dumont Cares Fund

SATURDAY, AUGUST 31, 2013

DUMONT HIGH SCHOOL, DUMONT, NJ

5K RUN

1½ MILE RUN/WALK

½ MILE KIDS SPRINT TO THE FINISH (5-10 YEARS)

5K Run - Trophies for 1st, 2nd, 3rd overall, M/F, 9 & under, 5 year age groups to 70+

1 ½ Mile Run/Walk -Trophies for 1st, 2nd, 3rd M/F Runners - ages 12 and under

½ 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 1½ Mile Run/Walk Finishers

<p>Entry Fees:</p> <p>5K Run - \$20 (Students & Srs. 60+ \$15) 1½ mile Run/Walk -\$15 (\$10-12 yrs & under) ½ Mile Kids Sprint to the Finish - \$10 *****</p> <p>Enter Fees after August 1: 5K Run - \$25 1½ mile Run/Walk -\$20 ½ Mile Kids Sprint to the Finish - \$15</p>	<p>For more information contact:</p> <p>Ellen Zamechansky: (551) 404-2141 Rafael Riquelme (201) 376-8234 Harry Stylianou: (201) 916-2323 Alan Dickon: (201) 376-3187</p> <p>Visit us at www.dumont5kpace.org and Facebook/Dumont 5 K Run Online entry at www.bestrace.com</p>
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Course (subject to change)

- ❖ Flat and fast with few hills ❖ Strollers and baby joggers welcome in 1½ mile walk ❖
- ❖ No Skates, bikes, roller blades ❖ Certified by USA Track and Field ❖

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.**

- ½ Mile Kids Sprint (ages 5-10) **8:00 a.m.**
- 1½ Mile Run/Walk **8:30 a.m.**
- 5K Run **9:20 a.m.**



Make all checks payable to: Dumont Annual 5K Run, Mail to 77 Randolph Ave. Dumont, NJ, 07628

Official Entry Form for the Dumont Annual 5K Run

() 5K Run () 1½ Mile Run/Walk () ½ Mile Kids Sprint to the finish
Last Name _____ First Name _____ Phone (____) _____
Street Address _____ City _____ State _____ Zip _____ o
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 older) _____ Date __/__/__

Parent or Guardian Signature (if under 18) _____