

# North Brunswick



## DPRCS

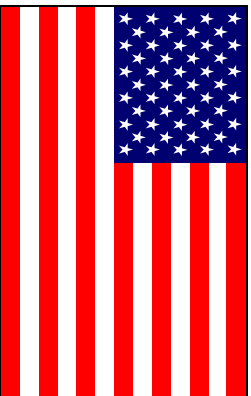


# 09

30th Annual  
Memorial Day  
5K Run / Walk  
May 25th, 2009

Donations of canned goods are being collected the morning of the run to support the North Brunswick Food Bank. Your support is greatly appreciated.

The Township of North Brunswick  
Department of Parks, Recreation  
& Community Services  
710 Hermann Road  
North Brunswick, NJ 08902



30th Annual Memorial Day 5K Run/Walk

Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Day Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Age: \_\_\_\_\_ (exact age needed for the awards ceremony)

Event:     5 K Run     \$20.00

5 K Walk     \$20.00

Shirt Size

Small     Medium     Large     X-Large     XX-Large

30th Annual Memorial Day 5K Run / Walk Registration Form

# The Brunswick Cup

*What: A series of 5K's (3.1-mile) races throughout the Brunswick area*

*Where: All four Brunswick's: North, New, East & South*

*When: May - November*

*Who: Open to runners of all levels.*

*The Brunswick Cup celebrates participants who completed all four 5K's in the 2009 Grand Prix.*

The Brunswick Cup follows a longstanding tradition of welcoming runners to scenic, history - rich courses in New Jersey's Middlesex County to race the popular 5K

(3.1-mile) distance. This four race series is open to runners of all levels and abilities, from first-timers, to experienced competitors and walkers as well. Whether you're a

Brunswick native or just visiting from north or south Jersey and looking for a new challenge, the series can help you reach your goals and enjoy the journey.

The Brunswick Cup begins on Monday, May 25th with the 30th Annual North Brunswick Memorial Day 5K honoring all the Veterans of War, followed by the Jimmy D Memorial on Sunday, August 30th in New Brunswick, honoring the memory of Fire chief James D'Heron. The

third in the series is the John Ragono 5K in East Brunswick, this race is Sunday, October 4th celebrating its 33rd year, making it one of New Jersey's oldest runs. The

6th annual "Run with the Vikings 5K" on Sunday, November 1st is the final race of the series, starting and finishing at South Brunswick High School.

Each race runs through scenic neighborhoods & parks that capture the special characteristics of the town and offer glimpses of Central Jersey's beauty. The individual races and the series as a whole build strength, confidence, and experience for all participants. The final 5K, in South Brunswick, can serve as a tune-up for your fall

marathon - or simply culminate a year's worth of effort and achievement.

Trophies will be awarded to the top 3 male and female open winners as well as top 3 in the masters category based on the lowest cumulative time. Additionally, every runner who completes all four races earns a

commemorative Coffee Mug with the logo of each of the races, which will be given out at the South Brunswick event.

No matter which races you choose to run, or how many, you'll build your stamina, get to know the Brunswicks, meet new friends and have fun!

# Race Information

Race Route: North Brunswick  
Community Park (Route 130 South)

Check in at the North Brunswick  
Community Park starts: 7:30 am

5K Walk: starts at 8:30 am

5K Run: starts at 8:45 am

## SHIRTS, PRIZES & AWARDS

**(shirts are "ONLY" guaranteed for pre-registered participants prior to May 8th, 2009)**

*Special Prizes donated by:*

*The North Brunswick Baseball / Softball Association*

*The North Brunswick Soccer Club*

*North Brunswick Travel Basketball*

*North Brunswick Adams A.C. Football*

A print out of your results will be

mailed to your home.

For further information contact the

Department of Parks, Recreation

& Community Services

732-247-0922 ext. 475

Mail your registration with a check made

payable to the

Township of North Brunswick:

710 Hermann Road,

North Brunswick, NJ 08902

Race packets may be picked up  
in advance for pre-registered

participants on Friday,

May 22nd, 2009 between

9:00 am and 1:00 pm.

**MEDICAL RELEASE:** I recognize that participation in contact sports and other activities may occasionally lead to injury. The most common injuries are abrasions, bruises, sprains, and strains. Less common injuries, but perhaps more serious, may occur. I hereby authorize emergency medical care for my child(ren) or myself. If, in the judgment of the staff, treatment is required for injury or illness, I hereby authorize the administering of anesthetics and recourse to other procedures deemed necessary by the attending physician. I recognize that I am financially responsible for any expenses for medical care or transportation incurred.

Doctor's Name: \_\_\_\_\_

Doctor's Phone: \_\_\_\_\_

**HOLD HARMLESS AGREEMENT:** I agree to abide by the conditions herein and agree to hold harmless, waive, and release any and all rights to claims for damages against the Department of Parks, Recreation & Community Services, Township of North Brunswick, North Brunswick Board of Education, its agents and employees, and other such individuals who may be involved in the planning and implementation of this/these programs.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Payment Method : Cash: \_\_\_\_\_ Check: \_\_\_\_\_ # \_\_\_\_\_ (For Office Use Only: Receipt Number - \_\_\_\_\_ )

Credit Card: \_\_\_\_\_ MasterCard: \_\_\_\_\_ Visa: \_\_\_\_\_ Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_