



A major race in a minor town

# 15K O'burg Run

Heater's Pond



Restoration

To Benefit

**SATURDAY, JUNE 20, 2009**

**8:30 a.m. Fun Run 9:00 a.m. 5K**

**Registration, check in, start and finish at Ogdensburg Firehouse, Main Street (Route 517)**

**Runners/walkers/wheelchairs/Fun Run participants welcome!**

**TROPHIES FOR TOP 3 OVERALL MALE & FEMALE 5K PARTICIPANTS**

**(15) 5 YEAR AGE GROUPS...OVER 90 MEDALS AND PRIZES 7yrs-70+**

**5K Participants receive t-shirt and great goodie bags while supplies last.**

**Timing by BEST Racing Systems**

**5K Registration Fee**

**\$18.00 Early registration (until June 1<sup>st</sup>)**

**\$20.00 Registration (until June 19<sup>th</sup>)**

**\$22.00 Race Day Registration (June 20<sup>th</sup>)**

**2009 USATF-NJ athletes save \$2-(until June 10<sup>th</sup>)**

**FUN RUN Fee**

**\$5.00 (Race Day Registration only – must be at least 7 years old)**

**For information: call 973-827-0950 // Online Registrations visit [www.Active.com](http://www.Active.com)**

**Juice  
PLUS<sup>+</sup>**  
Andy Ball

Age on Race Day \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Shirt size S M L XL XXL

Last name \_\_\_\_\_ First name \_\_\_\_\_ Bib# \_\_\_\_\_

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

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

2009 USATF-NJ# \_\_\_\_\_ Grand Prix Scoring only \_\_\_\_\_ Est. Finish Time \_\_\_\_\_

Occupation \_\_\_\_\_ 5K Runner/Walker \$ \_\_\_\_\_

Company Business Name \_\_\_\_\_ Wheelchair/Handcycle \$ \_\_\_\_\_

Team \_\_\_\_\_ Fun Run/Walk \$5 \_\_\_\_\_

Enclosed Payment: Cash \_\_\_\_\_ Check \_\_\_\_\_ Check # \_\_\_\_\_

In consideration of your acceptance in the O'burg 5K Run, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administration, waive and release any and all right and claims for damages, and hold harmless, any sponsoring organization (Borough of Ogdensburg, Ogdensburg Firehouse, Ogdensburg Board of Education, Andy Ball, Sussex County, active.com, and co-sponsors, their representatives, successors, agents, servants or employees, and assignees for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to participate, and state furthermore, that my ability to participate in and successfully compete in this event has been attested to by a qualified physician or certified fitness consultant. I hereby grant permission to The Borough of Ogdensburg/O'burg 5K Run to use photos that may include myself for promotion and publicity, and understand that if the Run cannot be held due to an act of God or circumstances beyond control, the Race is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.

Signature \_\_\_\_\_ Date \_\_\_\_\_ **Checks payable to: Borough of Ogdensburg**

**Mail to: Mrs. Jeanne Ortiz**

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

**26 Willow Grove Court  
Ogdensburg, NJ 07439**

Parent /Guardian for child under 18

**Info: Jeanne 973-827-0950 email : Oburg5K@gmail.com or visit [www.Active.com](http://www.Active.com)**