

## Date & Location:

August 10, 2013, 9:30 a.m.  
Mercer County Park, West Picnic Area  
334 South Post Rd. Princeton Junction, N.J.

## Entry Fees: Non-refundable

Early Registration by 7/27- \$20  
After 7/27 & Race Day - \$25 Fun Run -\$5

## Online Registration:

Pre-register online only at: <https://register.bestrace.com/>

## Computer Timing:

Timing/results by BEST Racing Systems featuring B-Tag disposable chips for instant results on your smart phone  
Results posted on [www.bestrace.com](http://www.bestrace.com)

## Course:

USATF certified/sanctioned, mostly flat course  
Water stops on course and at finish  
The race will begin and end at the West Picnic Area.

## Schedule:

7:30 a.m. – Race Day Registration/Package Pickup  
9:30 a.m. – Race Start  
10:15 a.m. – Fun Run  
10:30 a.m. – Awards presented by national team rowers, followed by a meet and greet with select athletes

## Awards:

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male/female in age categories 19&under, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over.

## Amenities:

T-shirts guaranteed to all registered runners as of August 7.  
Picnic area, playground and refreshments

## Packet Pick-Up:

7:30 a.m. - 9:30 a.m., race day at the pavilion,  
West Picnic Area, Mercer County Park

## Race Website:

[www.usrowing.org/Events/GoForGold5k.aspx](http://www.usrowing.org/Events/GoForGold5k.aspx)



# Go for the Gold 5K

Presented by USRowing

Saturday, August 10, 2013, 9:30 a.m.

Mercer County Park, N.J.

Proceeds to benefit America Rows

*Please join us for the 2<sup>nd</sup>-annual  
Go for the Gold 5K and  
Kids Fun Run at beautiful  
Mercer County Park. After  
the race, meet members of  
the USRowing National  
Team.*



Women's 8 National Team-2012 Olympic Gold

**A great event for the whole family!  
Have your photo taken with national team  
rowers, as they get ready for the world  
championships in Korea.**

### GO FOR THE GOLD 5K & FUN RUN REGISTRATION FORM

NAME:		EMAIL:
STREET ADDRESS:		PHONE NUMBER:
CITY:	STATE:	ZIP CODE:
GENDER:	MALE      FEMALE	DOB
T-SHIRT:	SM   MED   LG   XL	EVENT: 5K RUN   KIDS RUN

Waiver: In consideration of the acceptance of this entry, I hereby waive and release any and all rights and claims for damages that I or my heirs may have against USRowing, its officials, race sponsors and volunteers. I certify that I have properly trained for this event and have been medically certified to be able to participate in this event.

SIGNATURE: \_\_\_\_\_

GUARDIAN SIGNATURE IF UNDER 18 \_\_\_\_\_

For more information email us at: [go4gold5K@usrowing.org](mailto:go4gold5K@usrowing.org)