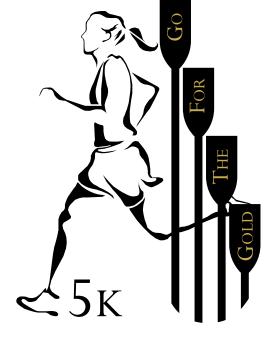


USRowing's Third Annual Go for the Gold 5K & Kids' One Mile Fun Run Saturday, August 9, 2014, 9:30 a.m. Mercer County Park, N.J. Proceeds to benefit America Rows



Date and Location: August 9, 2014, 9:30 a.m. East Picnic Area - Mercer County Park Entry Fees: \$25 per 5K entry. \$10 per fun run entry. (Non-refundable). Entries include T-shirt, bib, goodie bag. Online Registration: bestracing.com

Computer Timing: Results and timing by BEST Racing and can be found at www.bestrace.com

Course: USATF Certified. Five kilometers. See course map.

Awards: Medals given to first through third finishers in both men's and women's categories age categories 19 and up and 18 and under. Children ten and under will recieve a medal.

Amenties: One water station along the course. Snacks and water at the finish.

Packet Pick-Up: On day of event at 7:30a.m. east picnic area.

Race Website: www.usrowing.org/events/goforth-egold5k

A great event for the whole family!

Have your photo taken with national team rowers as they prepare for the Olympics in Rio 2016.

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

NAME:			EMAIL:
STREET AD	DRESS:		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 herby 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: _____