



**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: besttracing.com

Computer Timing: Results and timing by BEST Racing and can be found at www.besttrace.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 receive a medal.

Amenities: 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 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: _____