# RUN with the VIKINGS 5K and 1 Mile Fun Run

**Sunday, November 6th, 2011 – Rain or Shine**
**Through Beautiful and Scenic South Brunswick**

**All proceeds benefit the Viking Athletic Club and the**
**Student Athletes and Marching Band**
**of South Brunswick High School**

**REGISTRATION & PACKET PICK-UP:**
Nov. 4th - 4pm-8pm– RoadRunner Sports - 501 Shoppes Blvd, North Brunswick
Race Day - 7:30 – 9:45 AM at South Brunswick High School - Day of Race (Parking available)
*RoadRunner Sports Clinics – Sept. 16th & Oct. 21st - 6pm-8:30pm-Shoppes of No. Brunswick*
**SCHEDULE: 1** Mile Fun Run – 9:30 AM - 5k Run - 10:00 AM, Kiddie Dash – 11:00
      **Walkers are welcome**
**FEES:** 5K - $20 if postmarked before October 30th ($18 for USATF members)
      $25 on Race Day (no USATF discount on race day)
      1 Mile - $20, $12 for children under 10 – Kiddie Dash - $10

**COURSE**: Flat & Fast through the tree lined streets of South Brunswick
USATF certified - (2 water stops) Race Starts & Finishes at SBHS
**AMENITIES:** Post-Race Refreshments, Raffles, Prizes.
Uniquely designed T-shirts (guaranteed to pre-registrants only)
**AWARDS**: Top male & female runners 5K & Top three 1 Mile Run
      Top Finisher male & female 5K from South Brunswick
All age group categories – three deep (10 & under, 11-14, 15-19, 20-24,
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over)
**FITTEST FAMILY** – Awards will be presented to the 3 family members with the
lowest cumulative time. Family members can run together or separate, all that
matters is the combined time for the team

**FOR MORE INFORMATION** - **www.rwtv5k.com**
**TO REGISTER ON LINE – www.raceform.com/vikings**
**(No extra charge)**
or call Bob Tona @ 732-940-3111 for an application
**Scoring by Best Racing System – www.bestrace.com**
Please detach entry form and return with check payable **to Viking Athletic Club,**
**c/o Run with the Vikings 5K, 8 Zev Court, Monmouth Junction, NJ 08852**

*New Jersey*
*Grand Prix Event*
*500 Points*

## The 2011 Brunswick Cup
**www.thebrunswickcup.com**

A Series of 5K's (3.1) races throughout the
Brunswick area.

**May 31st** – North Brunswick Memorial 5K
**September 4th** – Jimmy D 5K-New Brunswick
**October 16th** –John Ragone 5K-East Brunswick
**November 6th** – Run with the Vikings 5K

Trophies will be awarded to the top 3 male and
female open winners as well as top 3 in the
masters category based on lowest cumulative
times among 3 out of the 4 races. Additionally,
every runner who completes three of four races
earns a commemorative glass, which will be
given out at the South Brunswick event.

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Last Name_____ First_____ M___ F____

Birthdate_____Age_____ 5K_____ 1 Mile_____Kiddie Dash____ Shirt Size    S  M  L  XL

Fittest Family  Challenge  1-_____  2- _____  3-_____

Address_____ City_____State_____ Zip_____

Phone _____E-Mail_____USATF#_____

### WAIVER AND RELEASE *( Must be signed to participate )*
I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I
am a voluntary participant in this event and in good physical condition. I hereby assume full and complete responsibility for any injury or accident which may occur
during my participation in this event or while on the premises of this event and I hereby release and hold harmless South Brunswick High School, Township of
South Brunswick, South Brunswick Police department, Viking Athletic Club, Robert Tona, USATF and local USATF Association, corporate sponsors, and all other
persons or entities associated with this event (including their employees or affiliates) from any claims I may have arising out of participation in this event, including
personal injury or damage suffered by me or others, whether same be caused by negligence of any of the said parties' agents or employees, or otherwise. If I do not
follow all the rules of this event I understand that I may be removed from the competition. I give my full permission to any of the said parties to use any
photographs, videotapes or other recordings of me that are made during the course of this event.

Participants Signature _____Date _____

Parent/Guardian Signature (for athletes under 18)_____Date_____