

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



Sunday, October 29<sup>th</sup>, 2006 – 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:** 7:30 – 9:45 AM at South Brunswick  
High School (Parking available)

**SCHEDULE:** Kiddie Dash – 9:00, 1 Mile Fun Run – 9:30 AM - 5k Run - 10:00 AM  
**Walkers are welcome** - (don't forget daylight savings time)

**FEES:** 5K - \$20 if postmarked before October 19th (\$18 for USATF members)  
\$25 on Race Day (no USATF discount on race day)  
1 Mile - \$15 adults, \$12 – Children under 10 – Kiddie Dash - \$10

**COURSE:** Flat & Fast through the tree lined streets of South Brunswick  
USATF certified - (2 water stops)

**AMENITIES:** Post-Race Refreshments, Raffles, Prizes.  
Uniquely designed long sleeve 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)

**FOR MORE INFORMATION OR TO REGISTER ON LINE**  
GO TO [www.rwtv5k.com](http://www.rwtv5k.com) or [www.active.com](http://www.active.com) or [www.raceforum.com](http://www.raceforum.com)  
or call Bob Tona @ 732-940-3111

**Scoring by Best Racing System – [www.bestrace.com](http://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

## The 2006 Brunswick Cup [www.thebrunswickcup.com](http://www.thebrunswickcup.com)

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

**May 29<sup>th</sup>** – North Brunswick Memorial 5K  
**September 3<sup>rd</sup>** – Jimmy D 5K-New Brunswick  
**October 22<sup>nd</sup>**–John Ragone 5K-East Brunswick  
**October 29<sup>th</sup>** – 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 coffee mug with the  
logo of each of the races, which will be given  
out at the South Brunswick event. A special  
gift for the runner who completes all four races.

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Last Name \_\_\_\_\_ First \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_ 5K \_\_\_\_\_ 1 Mile \_\_\_\_\_ Shirt Size M L XL



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.

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

Parent's Signature (for athletes under 18) \_\_\_\_\_ Date \_\_\_\_\_