

Alpha Phi Omega presents the 3<sup>rd</sup> annual:  
**TCNJ's Feed Our Friends 5K and Fun Walk**

All proceeds benefit the Trenton Area Soup Kitchen and HomeFront.

**Saturday, October 8<sup>th</sup>, 2011**



**Registration:** Begins at 8:30am  
**Race Times:** FunWalk- 9:30am, 5K- 10:00am  
**Location:** The College of New Jersey Student Center  
 2000 Pennington Road, Ewing, NJ 08628

**Entry Fees:** 5K: \$15 by Oct. 1<sup>st</sup>      FunWalk: \$10 by Oct. 1<sup>st</sup>  
 \$20 after Oct. 1<sup>st</sup>                              \$15 after Oct. 1<sup>st</sup>

USATF-NJ pre-entry discount: \$2

**PLEASE BRING NONPERISHABLE FOOD ITEM(S) ON RACE DAY TO DONATE!**

**5K Awards**

Top 3 overall M/F winners

Age Group Winners: 19 & under,  
 20-29, 30-39, 40-49, 50-59, 60-69,  
 70-79, 80+



**Amenities**

- \* T-shirt to all pre-registered and race day registrants while supplies last.
- \* Post-race refreshments and music

Scoring by BEST Racing Systems

**Course:** Mostly flat our and back course throughout TCNJ's campus. Water stops along route.

**Information:** Email [aphio@tcnj.edu](mailto:aphio@tcnj.edu) for more information.

**Download this form:**  
[www.tcnj.edu/~aphio](http://www.tcnj.edu/~aphio)

**Directions:** See TCNJ's webpage at <http://www.tcnj.edu/~pa/about/directions.html>

**RACE RELEASE (must be signed by participant/parent or guardian)**

In consideration of acceptance of this entry, I the undersigned intending to legally bond, do hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against, the race director and officials, the College of New Jersey, Alpha Phi Omega, USATF, their representatives and any and all race sponsors and supporters, volunteers, their agents, successors and assigns, for any and all injuries suffered by me in said event. I assume all risks with entering this event, including but not limited to falls, contact with participants, effects of weather, and the condition of the course. All such risks being known and appreciated by me, I attest and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant full permission for any and all the foregoing to use my image and likeness for any legitimate purpose without compensation or remuneration. Minors accepted only with a parent or guardian's signature. No registration will be refunded in the event that the registrant can no longer participate.

Signature: \_\_\_\_\_ (Parent or guardian if under 18)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone#: \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ Age on Race Day: \_\_\_\_\_

Email: \_\_\_\_\_ USATF-NJ#: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

T-Shirt Size: Adult S M L XL Youth S M L

\_\_\_\_ \$15- 5K (before 10/1)      \_\_\_\_ \$10- Fun Walk (before 10/1)      \_\_\_\_ \$13- 5K USATF-NJ member (before 10/1)

\_\_\_\_ \$20- 5K (after 10/1)      \_\_\_\_ \$15- Fun Walk (after 10/1)      \_\_\_\_ \$18- 5K USATF-NJ member (after 10/1)

Checks payable to: TCNJ 5K Send Fee and Entry Form to Alpha Phi Omega-Office of Student Activities, 2000 Pennington Road, Ewing, NJ 08628