

Alpha Phi Omega presents the 4th annual: TCNJ's Feed our Friends 5K and Fun Walk

All proceeds benefit the Trenton Area Soup Kitchen & HomeFront

Saturday, October 13, 2012

Registration: Begins at 8:30 am

Race Times: Fun Walk- 9:30 AM/ 5K- 10:00 AM

Location: The College of New Jersey Student Center
2000 Pennington Road, Ewing, NJ 08628



Entry Fees: 5K: \$15 by Oct. 6th
\$20 after Oct. 6th

Fun Walk: \$10 by Oct. 6th
\$15 after Oct. 6th

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+

Scoring by BEST Racing Systems

Amenities:

T-Shirt to all pre-registrants and race
day registrants while supplies last!

Post-race refreshments and music!

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

Download this form at: www.tcnj.edu/~aphio

Directions: See TCNJ's webpage at: <http://tcnj.pages.tcnj.edu/about/campus-info/directions-to-tcnj/>

For more information on the race or how to become a sponsor: E-mail aphio@tcnj.edu

Register online: <https://register.bestrace.com/register/?event=14428>

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 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: ___/___/___

Tee Shirt Size: Adult S M L XL Youth S M L

_____ \$15-5K (before 10/6) _____ \$10-Fun Walk (before 10/6) _____ \$13-5K USATF-NJ member (before 10/6)

_____ \$20-5K (after 10/6) _____ \$15-Fun Walk (after 10/6) _____ \$18-5K USATF-NJ member (after 10/6)

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