



TCNJ's Alpha Phi Omega Presents the 5<sup>th</sup> Annual

# Feed Our Friends

## 5K Run and Fun Walk

To Benefit the Trenton Area Soup Kitchen

Sunday, October 13<sup>th</sup>, 2013

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

Registration begins  
at 8:30AM

Fun Walk begins  
at 9:00AM

5K begins  
at 10:00AM

### 5K Awards:

Top 3 overall M/F winners  
And Top 3 Finishers In Each  
Age Group

Runners and Non-Runners  
are encouraged to bring  
**nonperishable food**  
donations for TASK

\$15-Fun Walk (non TCNJ Students)

\$10-Fun Walk (TCNJ Students)

\$10-5K (for groups of 10 or more)

\$20-5K (non TCNJ Students)

\$15-5K (TCNJ Students)

Register Online At: [www.aphio5K.brownpapertickets.com](http://www.aphio5K.brownpapertickets.com)

\*Checks Payable to: Alpha Phi Omega- TCNJ  
Brower Student Center Atten: Alpha Phi Omega  
2000 Pennington Rd Ewing, NJ 08628

\*T-Shirts are guaranteed to those who register before October 3<sup>rd</sup>.  
Others will be given a shirt on a first come first serve basis.

**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/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 \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

\$10-Fun Walk (TCNJ Students \*TCNJ ID Required on Race Day\*) \_\_\_\_\_ \$15-Fun Walk (non TCNJ Students) \_\_\_\_\_

\$15-5K (TCNJ Students \*TCNJ ID Required on Race Day\*) \_\_\_\_\_ \$20-5K (non TCNJ Students) \_\_\_\_\_

\$10-5K (for groups of 10 or more) \_\_\_\_\_ Group Name \_\_\_\_\_

T-ShirtSize: Adult S M L XL Youth S M L

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