

Three Bridges 3rd Annual

5 Mile Road Race

9:00 AM Saturday August 22, 2009

To Benefit the Three Bridges Volunteer Fire Company

5 Mile Road Race: A five mile course of rolling hills through Readington Township's beautiful rural community. The course will have a professional timer, mile markers, and water stations.

1 Mile Health Walk: Chase Sparky the Dalmatian around a 1 mile fun walk through the Three Bridges Community.

Age Groups:

19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Prizes: There will be a number of prizes for all age groups male and female including Fire Fighters, Police, and Emergency Medical Technicians. There will also be 50/50 drawings given at the awards ceremony.

Amenities:

Free T-Shirt to all pre registered entries.

Bagels, Fruit, and Juice to all participants, Refreshments, and free beer to entries of age.

Directions: 467 Main Street Three Bridges, NJ 08887

From the Somerville Circle, go south on route 202. Stay on 202 through Branchburg and follow signs for Flemington. Take right exiting jug handle approximately 1 mile after Fusco's Rental World and WaWa. Make a left at the end of the jug handle to go across 202 toward the Hess Gas Station. Follow around 90 degree bend onto main street Three Bridges. Fire House is on right approximately 100 yards after turn. Three Bridges is 9 miles south from the Somerville Circle.

From the Flemington Circle, go north on Route 202. Follow signs for Somerville. Follow Route 202 north Approximately 3 miles. Drive across the Raritan River Bridge. Make right on to Main Street directly before the Hess Gas Station. Follow around 90 degree turn. Fire house will be approximately 100 yards on right. Three Bridges is 3 miles north of the Flemington Circle.

Parking:

At Fire house-(Upper lot) and at the intersection of Route 202, Broad and Main Streets-(Old Fleet Bank)

THREE BRIDGES 5 MILER



Race Day:

Registration/Check in	7:00-8:30
5 Mile Race Start	9:00
1 Mile Health Walk	9:15
Award Reception	10:30

Registration:

Before August 1st

- \$20 5 Mile Race Entry
- \$10 Police, Fire, and/or 5 Mile Race Entry EMT (Copy of ID Required)
- \$10 Fun Run/Walk

Post August 1st

- \$25 5 Mile Race Entry
- \$15 Police, Fire, and/or EMT 5 Miler (Copy of ID Required)
- \$10 Fun Run/Walk

Sorry I cannot participate, but here is my donation of \$_____ enclosed.

Mail Bottom Portion with check made payable to "Three Bridges Fire Company" and mail to:

Three Bridges Fire Company 5 miler, PO Box 127, Three Bridges, NJ 08887

Online registration at www.RaceForum.com/3bridges

First Name _____

Last Name _____

Street Address _____

Town _____

State _____

Zip _____

Contact Number _____ Emergency Contact (Name and Phone Number) _____

E-mail address _____ Age on Race Day _____ Gender M F

Member of Fire/Police/EMT: Circle one Police Fire EMT

Release From Liability:

In Consideration of this entry, I for myself, my heirs, executors, administrators, and assignees waive, release, and discharge the Three Bridges Volunteer Fire Company, The Township of Readington, any Volunteers, Employees, Sponsors, or any Representatives from any and all claims, demands, actions, or judgments. I certify I am in proper condition to participate in the 5 mile race. I allow permission for the use of my name, picture, video broadcast, telecast, and/or the use of other media in regards to this event.

(Signature)

(Date)

(Parent/Guardian)

(Date)