

THE SIXTEENTH ANNUAL

Rumson Fair Haven Run
Sunday, May 4th – 9:30 a.m.

A.J. Bruder Memorial
Winner of the First Rumson Run

Profits help fund scholarships for Rumson Fair Haven Regional High School Students, local volunteer emergency service groups, and the Rumson & Fair Haven Elementary Schools.

REGISTRATION INFORMATION

Pre-Registration

- \$18. 5 Mile
- \$17. 3K Fun Run/Walk
- \$ 8. Kiddie Dashes

Family discount :

4 or more members of same family deduct \$10.00

By Mail – All pre-registration entries must be postmarked on or before May 1, 2008. **Please do not mail the entry form after May 1, 2008.**

Register online at www.active.com or download Application at www.jsrc.org (in cooperation with the Jersey Shore Running Club).

Kiddie Dash -Entries do not need Self Addressed Stamped Envelope.

In Store –Register before May 1st, 2008 at the Running Store, The Grove, Route 35, Shrewsbury, N.J.

For information, call (732) 758-8008

Post-Registration:

- \$25 5 Mile
- \$20 3K Rumson-FH Community Fun Run
- \$10. Kiddie Dashes

T-Shirt and packet pick-up at the Rumson-Fair Haven Regional High School cafeteria (back of School) on:

- | | | |
|----------|-------|----------------|
| Friday | 05/02 | 4 to 6 p.m. |
| Saturday | 05/03 | 9 to 12 noon |
| Sunday | 05/04 | 8 to race time |

T-Shirts guaranteed to first 500 runners in each race.

COURSE

USATF certified and sanctioned. Fast, scenic terrain, every mile marker water stations and timed splits. Finish line management on high school track. E.M.S. sweep vehicle on course. Massage therapist and health screening available on finish field.

AWARDS (No Duplicates)

A.J. Bruder Memorial, 5 Mile

- | | |
|-------------------------|-------|
| 1st Place Male & Female | \$500 |
| 2nd Place Male & Female | \$250 |
| 3rd Place Male & Female | \$125 |
| 4th Place Male & Female | \$75 |
| 5th Place Male & Female | \$50 |

Age Group Award - Top three (3) male and female finishers of the following: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 +.

Rumson-Fair Haven 3K Community Fun Run/ Walk (Timed Race): Medals to all finishers and prizes for first & second RFH grad.

Kiddie Dashes (Grades Pre-K – 3): Medals to all finishers.

Post Race Party & Random Prize Drawings

RACE DAY SCHEDULE OF EVENTS

Sunday, May 4th, 2008

- | | |
|------------|------------------------------------|
| 8:00 a.m. | Registration and Packet Pick-up. |
| 9:30 a.m. | AJ Bruder Memorial 5 Mile |
| 10:45 a.m. | 5 Mile Awards |
| 11:15 a.m. | Rumson-FH 3KCommunity Fun Run/Walk |
| 11:30 a.m. | Post Race Party |
| 12 noon | Kiddie Dashes – Football Field |

DIRECTIONS TO RUMSON FAIR-HAVEN REGIONAL HIGH SCHOOL

Garden State Parkway to exit 109. Take Route 520 (Newman Springs Road) East to end. Turn left onto Broad Street to second traffic light, turn right on Harding Road. Go approximately 4 miles (Harding will become Ridge Road after 1 ½ miles). Look for Rumson-Fair Haven High School on left. Parking is available in the East and West lots and on the surrounding side streets, except Black Point Road.

ABSOLUTELY NO strollers, roller blades, skateboards, or bicycles allowed in 5 Mile or 3K Race.

WE SALUTE OUR MAJOR SPONSORS, WHO HELP MAKE THIS EVENT POSSIBLE



W A L S H
BENEFITS
Employee Benefits
"Large Enough to Help You,
Small Enough to Care."

