

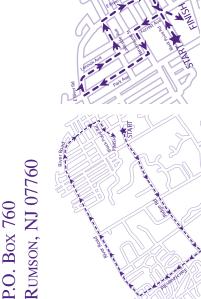
THE RUMSON FAIR HAVEN RUN * SUNDAY, MAY 3, 2009

CHECKS ARE TO BE MADE PAYABLE TO "RUMSON FAIR HAVEN RUN, INC." & returned to The Rumson Fair Haven Run, Post Office Box 760, Rumson, NI 07760

	XCHANGES OR TRANSFERS APPLICATION MAY BE REPRODUCED
LAST NAME	FIRST NAME
STREET ADDRESS	
CITY S	TATE ZIP CODE
EMAIL ADDRESS	
AREA CODE & TELEPHONE NUMBER	AGE SEX M F RFH GRAD
5 MILE/ 3K ADULT SHIRT SIZE	L YM S M L KIDDIE DASH CHILD SHIRT SIZE
SCHOOLGRADE	TEACHER
Check appropriate event below: PRE-REGISTRATION - POSTMARKED BY 04/27/0	
☐ 3K COMMUNITY FUN RUN/WALK\$1	7 3K COMMUNITY FUN RUN/WALK\$20
APPLICANTS MUST SIGN WAIVER: In consideration of this entry acceptance, I, my heirs and administrators, hereby waive any and all claims for damages I may have against The Rumson Fair Haven Run, Inc., the Rumson-Fair Haven Regional High School PTSA, The Rumson-Fair Haven Board of Education, the Boroughs of Rumson & Fair Haven, the Representatives, Successors or Assigns of these organizations, Race Volunteers, and all Sponsors, for injuries that may be suffered by me in this event. I will additionally permit use of my name and pictures in media coverage. I further attest that I am physically able to participate in the said event.	
SIGNATURE	DATE
SIGNATURE OF PARENT (if under the age of 18)	
RUNNER'S CHECK LIST:	
☐ Have you entered the correct race? ☐ Check or Money Order payable to Rumson Fair Haven Run, Inc. ☐ Completed and Signed Entry Form	☐ Stamped, Self-Addressed Business Size Envelope (for 5 Mile & 3K) ☐ Separate Envelopes required for Each Entry ☐ Shirt Size must be indicated
RememberYou must enclose a self-addressed, business size, stamped envelope for 5 Mile and 3K registration.	

RUMSON FAIR HAVEN RUN HOT LINE: 732-741-2140 www.rumson-fairhavenrun.org

THE RUMSON FAIR HAVEN RUN P.O. Box 760





www.rumson-fairhavenrun.org

SUNDAY, MAY 3, 2009 • 9:30 A.M.

RUMSON-FAIR HAVEN REGIONAL HIGH SCHOOL

74 Ridge Road, Rumson, NJ

17th Annual



The A.J. Bruder Memorial 5 Mile

The Rumson-Fair Haven 3K Community Fun Run/walk

Kiddie Dashes

"Running for Education"



THE SEVENTEENTH ANNUAL

Rumson Fair Haven Run Sunday, May 3th – 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 April 27, 2009. Please do not mail the entry form after April 27, 2009.

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 April 27, 2009 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:

Saturday 05/02 9 to 12 noon Sunday 05/03 8 to race time T-Shirts guaranteed to first 500 runners in each race.

COURSE

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

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 3th, 2009

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-Fair Haven

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, skate-boards, or bicycles allowed in 5 Mile or 3K Race.

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



Retirement Planning • Insurance • Employee Benefits















