

# 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, NJ 07760

ONE ENTRY PER APPLICATION      NO REFUNDS, EXCHANGES OR TRANSFERS      APPLICATION MAY BE REPRODUCED

LAST NAME              
FIRST NAME

STREET ADDRESS

CITY         STATE   ZIP CODE

EMAIL ADDRESS

AREA CODE & TELEPHONE NUMBER       AGE   SEX M  F  RFH GRAD

5 MILE/ 3K ADULT SHIRT SIZE S  M  L  XL  YM  KIDDIE DASH CHILD SHIRT SIZE S  M  L

SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_ TEACHER \_\_\_\_\_  
(Last Name Only)

Check appropriate event below:  
**PRE-REGISTRATION - POSTMARKED BY 04/27/09**  
 5 MILE RACE ..... \$18       3K COMMUNITY FUN RUN/WALK ..... \$17  
 KIDDIE DASHES (GRADES PRE-K TO 3) ..... \$8  
**LATE REGISTRATION - 4/30/09 - 5/03/09**  
 5 MILE RACE ..... \$25  
 3K COMMUNITY FUN RUN/WALK ..... \$20  
 KIDDIE DASHES (GRADES PRE-K TO 3) ..... \$10

**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?       Stamped, Self-Addressed Business Size Envelope (for 5 Mile & 3K)
- Check or Money Order payable to Rumson Fair Haven Run, Inc.       Separate Envelopes required for Each Entry
- Completed and Signed Entry Form       Shirt Size must be indicated

Remember... You 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

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 RUMSON FAIR HAVEN RUN  
P.O. Box 760  
RUMSON, NJ 07760



**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](http://www.active.com) or download Application at [www.jsrc.org](http://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, skateboards, 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

