

8TH ANNUAL



2013 Legal Runaround 5K

Partnering with the Tour of Somerville!!!

5K Road Race - 3K Poker Walk - Kids' Dashes

Thursday Night - May 23, 2013

7:00 pm 5K Start

Starts at: The Somerset County Courthouse, Somerville, NJ

Presented by the Somerset County Bar Foundation

Schedule Of Events

5:00 pm Registration Opens
 6:15 pm Kids' Dashes (2-12)
 6:25 pm 3K Poker Walk
 7:00 pm 5K Road Race
 7:45 pm Awards Ceremony

Entry Fees

Pre-entry (by 5/21 online or 5/20 by mail):
 5K or 3K - \$20; 5K USATF-NJ - \$17;
 5K Students under 18 - \$15;
 Kids' Dashes - \$5
 Event Day (shirts while supplies last):
 5K or 3K - \$25; Kids' Dashes - \$5

FEATURING
Custom Tee-Shirt
Food By
Verve Restaurant
DJ Music
Random Prizes
USATF 5K
Certified Course
50/50 Raffle
No processing fee
for online entries



Awards

5K: 1,2,3 Overall M/F
 1,2,3 in 5 year age groups M/F
 (14 & under/15-84/85+)
 Fastest High School M/F
 School Spirit & Healthiest Town
 First Responder/Law Enforcement Teams
 3K: Winning poker hand wins Grand Prize
 Kids' Dashes: Ribbons

Address for Directions:

20 Grove St., Somerville, NJ
 (Veterans' Memorial Plaza)

Sponsorship/contributions:

Ann Winder @ 908-685-2323



908-245-3000
 tears@practicehard.com



Register Online at
PracticeHard.com
 No Processing Fee

FIRST NAME				
LAST NAME				
BIRTH DATE	AGE	SEX		
EVENT	<input type="checkbox"/> 5K Run <input type="checkbox"/> 3K Walk <input type="checkbox"/> Kid Dash		Shirt Sizes:	YM YL
			S M L XL 2X	

STREET			
CITY			
STATE		ZIP	
PHONE			
E-MAIL			
2013 USATF-NJ#			

Please Check Box if Applicable:

- High School Student First Responder/Law Enforcement
 HS Affiliate (parent, staff/faculty, friend, sibling, etc.)

School/Group _____

2013 Legal Runaround
 Make Check Payable to: Somerset County Bar Foundation
 Mail To: Sports A/R Legal Runaround
 253 W. Westfield Ave., Roselle Park, NJ 07204

In consideration of this entry being accepted I hereby for myself, heirs, executors, and administrators waive and release any claims I may have against Sports Action Reaction, LLC, the Somerset County Bar Foundation, the Somerset County Bar Association, and any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in The Legal Runaround events for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I agree to abide by and cooperate with the race officials' instructions/decisions. I understand safety is the top priority of this event; dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course; and my entry fee is non-refundable for any/all reasons including unavoidable event cancellation/rescheduling. By providing my email address I agree to receive emails regarding this or similar events by SCBF/SCBA/Sports A/R. I grant full permission to use any photos, video, recording, or other record of my attendance at this event for legitimate purposes without compensation or remuneration.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18