

The East Brunswick Department of Recreation and Community Service, in conjunction with the Raritan Valley Road Runners, presents the

33rd Annual EAST BRUNSWICK ROAD RACES



**5K, 10K
1 Mile Fun Run/Walk,
Kids' Dashes**

Sunday October 17, 2010

Crystal Springs Aquatic Center,
East Brunswick, NJ
*Benefiting Leukemia &
Lymphoma Society*



SCHEDULE (rain or shine):

11 am – 12:45 pm Registration
12 pm Kids Dashes
12:30 pm 1 Mile Fun Run/Walk
1:00 pm East Brunswick 10K / John Ragone 5K

REGISTRATION: Online at RaceForum.com/EBRR

By mail – mail application below

RESULTS.....: Timing services and results provided by compuscore.com

ENTRY FEES.....: Kids Pumpkin Dashes: \$2.00
1-Mile Fun Run/Walk: \$10.00
-Parents do not need to pay to accompany a child in the fun run.
5K and 10K:
Pre Registration (on-line or postmarked by 10/10/2010)
General: \$20.00
USATF-NJ members: \$18.00
East Brunswick Residents: \$18.00
Post Registration (after 10/10/2010 and on day of race)
All: \$25.00

5K/10K COURSE: Tree-lined roads through residential neighborhoods. Mostly flat with a few rolling hills. Downhill finish! USATF certified. See website for course details

AWARDS: 5K/10K.....: Top 3 overall M/F finishers
M/F age group awards
1 Mile Fun Run/Walk: All participants receive a medal
Kids Dashes.....: All receive a ribbon and pumpkin to paint

MORE INFO: Email: ebrinc@gmail.com Web: EBRR.org

5K IS A 2010 BRUNSWICK CUP SERIES RACE: A series of four 5K races throughout all four Brunswicks from May to November. Every participant who completes all 4 races earns a commemorative mug! Trophies awarded to top 3 overall and masters (M/F) with lowest cumulative time from 3 of the 4 series races. Email ggcsafe@comcast.net or call 732.940.3111 for more info.

AMENITIES: Tech t-shirts guaranteed to all pre-registered 5K/10K participants, others while supplies last. All children pre-registered for 1 mile fun run will receive a short sleeve shirt, others while supplies last. Goodie bags for participants while supplies last. Join us afterwards for post race food and refreshments along with face painting, kids' games and entertainment.

DIRECTIONS:

Closest Address: 334 Dunhams Corner Road, East Brunswick, NJ 08816
From NJ Turnpike: Take Exit 9 to Route 18 South. Follow directions below.
From Route 18: Take Cranbury Rd. exit. Follow Cranbury Rd. until it splits. Bear right onto Dunham's Corner Rd. Continue straight (cross over Ryders Lane) until you reach Crystal Springs Aquatic Center.
From Route 130: Take Washington Place exit (by Getty Station), left onto Hardenburg Lane. At the end make a right on Dunham's Corner Rd, continue straight until you reach Crystal Springs Aquatic Center.

Name _____		Birth Date _____		Age (race day) _____		Sex _____	
Address _____				Phone # _____		E-mail (optional) _____	
City _____		State _____		Zip Code _____		2010 USATF # _____	

Event: 10K 5K 1 Mile Fun Run Kid's Dashes

Tech T-Shirt Size – 5K/10K Only: Small Medium Large X-Large

T-Shirt Size – 1 Mile Fun Run Only – Youth Sizes: Small Medium Large

Make checks payable and mail to:
East Brunswick Road Races, Inc
P.O. Box 6481
East Brunswick, NJ 08816

In consideration for being allowed to participate in this event, I personally assume all risks relative to my safety, including but not limited to falls, contact with other runners, the effects of the weather, traffic and the conditions of the course. I release the Raritan Valley Road Runners, all organizing committees, the Township of East Brunswick, USATF-NJ, RRCA, all sponsors, representatives and successors from any and all claims by me, my family, heirs or estate for injury or damage which may occur due to my participation. I certify that I am physically fit and qualified to participate, and agree to abide by any decision of a race official relative to my ability to complete the race.

Participant Signature or Parent/Guardian (if under age 18) _____ Date _____