East Brunswick Recreation &
Raritan Valley Road Runners
Presents

34th Annual EAST BRUNSWICK ROAD RACES

John Ragone 5K
East Brunswick 10K
1 Mile Fun Run/Walk
Pumpkin Dashes for Kids

Sunday, October 16th, 2011

Crystal Springs Aquatic Center,
East Brunswick, NJ

Benefiting Leukemia & Lymphoma Society

USA TRACK & FIELD NEW JERSEY
North Jersey
New Jersey Grand Prix Event
500 Points

SCHEDULE (rain or shine):

12:00 pm	Kids Dashes	12:45 pm	Registration Closes
12:30 pm	1 Mile Start	1:00 pm	5K/10K Start

LATE START!! Means sleeping in, going to church, or even running another race beforehand!!!

REGISTRATION: Online at **RaceForum.com/EBRR**
By mail – Mail in application below

NEW!!! ***Online same cost as mail-in – NO EXTRA FEES!!***
Save a stamp, save the environment, save us time and register online!!

NEW!! This Year – CHOOSE YOUR OWN DISTANCE!!
Sign up for the 5K/10K and decide during the race which distance you want to run!! No need to let us know beforehand, just start the race and before the 5K turnaround decide if you want to go out to the 10K turnaround.

RESULTS…….: Results will be on **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 by 10/08/2011 or postmarked by 10/08/2011)
General: $20.00
USATF-NJ members: $18.00
East Brunswick Residents: $18.00
Post Registration (on-line until 10/12/2011 and on day of race)
All: $25.00

5K/10K COURSE:
Out and back course on 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 ribbon and pumpkin to paint

MORE INFO: Email: ebrrinc@gmail.com **Web:** EBRR.org

AMENITIES: 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.

Name _____ Birth Date _____ Age (race day) _____ Sex _____

Address _____ Phone # _____ E-mail (optional) _____

City _____ State _____ Zip Code _____ 2011 USATF # _____

Event: ☐5K/10K (Choose distance during the race) ☐1 Mile Fun Run ☐Kid's Dashes

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