

9th Annual Mother's Day 5K Run/Walk

A Berkeley Heights YMCA Event



T-Shirts • Refreshments*

**T-shirt to all pre-registered participants*

Date: Sun May 9th @ 9:00 am (Registration 7:30-8:30am)

Place: Memorial Park, Park Ave. Berkeley Heights, NJ 07922

Cost: \$16.00 before April 30th, \$20 thereafter

Awards: Special Mother's Awards, M/F overall, M/F(3 deep) 19 & under, 20-29, 30-39, 40-49, 50-59, 60 and over

Race Course: Will start and finish behind Memorial Park

Timing: www.bestrace.com

Name _____ Age on 5/09/10 _____ M / F

Address _____ City _____ St _____ Zip _____

Phone # (_____) _____ Email _____

T-Shirt Size: Adult Small / Medium / Large / X Large
Youth Small / Medium / Large / X large

The YMCA, the Town of Berkeley Heights, their leaders, officers, sponsors and/or anyone else connected with the race shall not be liable for any injuries, illness, loss or damage to any person or property as a result in participation of this race. Each participant assumes the risk associated with a running event. I release any and all liability attributed in any legal way to the aforementioned groups. I attest to the best of my knowledge that I am physically fit and am able to compete in the Mother's Day 5K.

Please Sign (parent if under 18) _____ Date _____

*Make checks payable and mail to: YMCA C/O Tom Metzler,
550 Springfield Ave, Berkeley Heights, NJ 07922.*

Visit our website www.summitareaymca.org or call 908.464.8373

This is an annual event to benefit the
YMCA's Strong Kids Campaign

