

# New Balance Girls on the Run 5K Monday, June 7<sup>th</sup> 6:30PM

## Presented by Bank of America/Merrill Lynch

Girls on the Run is an experiential running program for girls in grades 3-5 & 6-8. The program is designed to prepare girls for a lifetime of self-respect and healthy living. The program culminates in the running of the Girls on the Run 5K race. The program serves girls in the Somerset County area. For more information go to [girlsontherun.org](http://girlsontherun.org). Girls on the Run is sponsored by the Friends of Somerset County Youth. To donate to the program please go to [www.active.com/donate/gotrsc](http://www.active.com/donate/gotrsc)



**Online Registration**  
[www.raceforum.com](http://www.raceforum.com)  
[www.active.com](http://www.active.com)  
[www.bestrace.com](http://www.bestrace.com)



**Location**  
Colonial Park  
156 Mettlers Rd  
Somerset, NJ

**Schedule**  
Packet Pick-Up – June 2-4<sup>th</sup>  
Race Day 5:00PM

**Scoring**  
Best Racing Systems  
[bestrace.com](http://bestrace.com)

**Entry Fees – Non refundable**  
5K Pre-Registration - \$15  
After May 28th - \$20  
Race Day Registration - \$20  
\$2 Discount for USATF-NJ Members

**Course**  
USATF certified/sanctioned event  
NJ Grand Prix 500 Points  
Flat & fast, water stops on course & finish

**Awards**  
1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Overall Male/Female  
1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in 5 year age groups 10 & under, 11-65 M/F

**T-Shirts & race bags to all pre-registered 5K runners, others while supplies last.**

Official Entry Form - Pre-registration ends May 28, 2010

Mail check & entry form to: 5 Pirozzi La Hillsborough, NJ 08844

Make checks payable to: Friends of Somerset County Youth

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Email \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

DOB \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex M F USATF # \_\_\_\_\_

Please read carefully and sign Release and Waiver of Liability: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Friends of Somerset County Youth, Girls on the Run International, the Somerset Hills YMCA, all race volunteers and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the person named in this waiver. Furthermore, I grant to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (if over 18) \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian Signature (if under 18) \_\_\_\_\_

For more information contact Donna Dourney at [ddracedirector@gmail.com](mailto:ddracedirector@gmail.com)

*Note: Packet pick-up will be available June 2-4<sup>th</sup> at the Somerset County Office of Youth Services 27 Warren St. Somerville, NJ from 10:00 AM – 3:00PM. Race day registration will end at 6:00PM*

