

Date & Location:

November 20, 2011
11:00 am
Grove & E High St. Somerville, NJ
Next to the courthouse

Entry Fees:

Early Registration by 11/10 - \$15
After 11/10 & Race Day - \$25
USATF Members until 11/10 - \$13

Online Registration:

www.bestrace.com

Computer Timing:

Best Racing Systems
Results posted on www.bestrace.com

Course:

USATF Certified/Sanctioned
NJ Grand Prix 500 Points
Water stops on course and at finish

Schedule:

9:00 am - Packet Pick-up & Registrations
10:30 am Registration closes (no exceptions!)
11:00 am – Race Start
12:00 pm– Awards

Awards:

1st, 2nd, 3rd Overall Male/Female
1st, 2nd, 3rd in 5 yr age groups
10 & Under 11-80+

Amenities:

T-shirt and race bag to all pre-registered, others while supplies last. Post - race refreshments for runners only

Somerville Parking Information:

<http://www.findsomerville.com/pub/iamap>

New Balance Girls on the Run 5K

Presented by

Healthy Active Responsible Kids, Inc.

Sunday, November 20, 2011



"We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running." The 10 week program culminates in the running of the Girls on the Run 5K. Girls on the Run of Central NJ serves Somerset, Middlesex, Monmouth and Ocean Counties.

Visit www.girlsontherunofcentralnj.org



Official Entry Form

Mail check and form to: **GOTR 5K**
184 W. Oak St. Basking Ridge, NJ 07920
Information Contact – Donna Dourney at dldourney@gmail.com
Make checks payable to H.A.R.K

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 Girls on the Run of Central NJ, HARK, Inc., Girls on the Run International, the Somerset County, 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(Parent or Guardian if Under 18) _____ Date _____