

Dumont Annual 5k Run

In loving memory of Norman Fink - Longtime Dumont High School Cross Country & Track Coach

Proceeds to benefit Dumont Cares Fund

SATURDAY, AUGUST 30, 2014

DUMONT HIGH SCHOOL, DUMONT, NJ

5k Run

1 1/2 Mile Run/Walk

1/2 Mile Kid's Sprint to the Finish (5-10 years)

5k Run - Trophies for 1st, 2nd, 3rd overall M/F plus 14 & under then 5 year age groups to 70+

1 1/2 Mile Run/Walk -Trophies for 1st, 2nd, 3rd M/F Runners - ages 12 and under

1/2 Mile Kids Sprint to the Finish - Trophies for 1st, 2nd, 3rd M/F – 5-7 & 8-10 age groups

Medals to 1st 75 Kid Sprinters and 1 1/2 Mile Run/Walk Finishers

Entry Fees prior to August 1st: -5k Run - \$20 (Students & Srs. 60+ \$15) -1 1/2 mile Run/Walk -\$15 (\$10-12 yrs & under) -1/2 Mile Kids Sprint to the Finish - \$10	Entry Fees August 1 st up until race day: -5k Run - \$25 (Students & Srs. 60+ \$20) -1 1/2 mile Run/Walk -\$20 (\$15-12 yrs & under) -1/2 Mile Kids Sprint to the Finish - \$15
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Course

- Flat and fast with few hills Strollers and baby joggers welcome in 1 1/2 mile walk
- No Skates, bikes, roller blades or pets
- 5k Certified by USA Track and Field Certification Code NJ13550JHP

Timed and Scored by Best Racing Systems

For more information contact Ellen Zamechansky (551) 404-2141 or Rafael Riquelme (201) 376-8234

Online entry at www.bestrace.com or www.raceforum.com

Amenities

- T-Shirt and gift bags while supplies last Athletic Trainer and Ambulance on site

Check-in Time of Run at High School.....7:00-8:45 a.m.

- 1/2 Mile Kids Sprint (ages 5-10) 8:00 a.m.
- 1 1/2 Mile Run/Walk 8:30 a.m.
- 5k Run 9:10 a.m.



Make all checks payable to: Dumont Annual 5k Run

Mail to Ellen Zamechansky, 77 Randolph Ave. Dumont, NJ, 07628 Early Bird if Postmarked by 7/31/14

Official Entry Form for the Dumont Annual 5k Run

(Check the event you plan to run - one entry form per event)

() 5k Run () 1 1/2 Mile Run/Walk () 1/2 Mile Kids Sprint to the Finish

Last Name _____ First Name _____

Phone (____) _____ email address _____

Street Address _____ City _____ State _____ Zip _____

Date of Birth ____/____/____ Age on Race Day _____ Gender: Male____ Female____

(Important – Date of Birth, Age and Gender must be provided to be considered for awards)

T-Shirts: Kids: M____ Adults: S____M____L____XL____

RELEASE: I know that running a road race is a potentially hazardous activity and that I should not enter 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, including low or high temperatures/humidity, traffic, 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 my accepting my entry, I myself and anyone entitled to act on my behalf waive and release the Borough of Dumont, it's officers, members, race volunteers, it's Departments, employees 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 persons named in this waiver.

**** No refunds****

Signature (if 18 or older) _____ Date ____/____/____

Parent or Guardian Signature (if under 18) _____