

CELEBRATING OUR 10TH YEAR ANNIVERSARY
DUMONT ANNUAL 5K RUN

Proceeds to benefit Dumont Cares Fund
SATURDAY, SEPTEMBER 5, 2015
DUMONT HIGH SCHOOL, DUMONT, NJ

5k Run - Trophies for 1st, 2nd, 3rd overall M/F plus 14 & under then 5 year age groups to 70+
1 ½ Mile Run/Walk -Trophies for 1st, 2nd, 3rd M/F Runners - ages 12 and under
½ 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 ½ 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) -½ 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) -½ 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 ½ mile walk
 No Skates, bikes, roller blades or pets
 5k Certified by USA Track and Field Certification Code NJ13550JHP

For more information contact: Ellen Zamechansky (551) 404-2141 or Rafael Riquelme (201) 376-8234
Online entry at www.bestrace.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.

**Pre-registration Sept 2
 6-8 PM
 Dumont Elks Lodge
 15 American Legion Ter. Dumont**

Make all checks payable to: Dumont 5k
 Mail to Ellen Zamechansky, 77 Randolph Ave. Dumont, NJ, 07628 Early Bird if Postmarked by 7/31/15

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 () ½ 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 your 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) _____