



**FLAG DAY 5K 2010**

Taking strides to end homelessness among veterans

**June 10 at 7:00pm**



**Registration Information**

In person or by mail at:  
Somerset Hills YMCA  
140 Mt. Airy Road  
Basking Ridge, NJ 07920

**Online at:**

www.active.com or www.raceforum.com

Participation packet pick-up will be available  
at the YMCA at 5:00pm the evening  
of the race

**Make checks payable to:**

Somerset Hills YMCA  
Attn: Flag Day 5K

**\* Race will be held Rain or Shine**

**Course**

USATF sanctioned and certified course  
500 Grand Prix points  
Best Race Timing Company

**Location**

Somerset Hills YMCA  
140 Mt. Airy Road  
Basking Ridge, NJ 07920

**Entry Fees**

Pre-run (by 6/1): \$17, USATF Members: \$15  
Day of event: \$20

Checks/cash accepted at the Y's welcome center  
Registration closes at 5:00pm (June 10)

**Awards/ Commemorative T-shirt**

Awards to the top overall male and female finishers as  
well as the top male and female finishers in  
12 age groups

All event proceeds benefit homeless veterans. For more information, visit [www.communityhope-nj.org](http://www.communityhope-nj.org)

OFFICIAL ENTRY FORM

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Phone: \_\_\_\_\_ DOB \_\_\_\_\_ Age as of 6/10 \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Member of the Somerset Hills YMCA: Y \_\_\_ N \_\_\_ Email \_\_\_\_\_

Address: \_\_\_\_\_

Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

USATF-NJ # \_\_\_\_\_

Please read carefully and sign *Release and Waiver of Liability*:

I hereby accept all responsibility for, and assume the risk of any and all injury or damage to my person or dependent children which might arise directly or indirectly as a result, and or participation in the Flag day 5K hosted by the Somerset Hills YMCA. Having read this *Release and Waiver of Liability*, I hereby expressly release, discharge and hold harmless from any liability whatsoever the Somerset Hills YMCA, the various branches and subdivisions thereof, and all employees and volunteers in their capacities as representatives of the YMCA, expressly including, but not limited to, the Board of Directors of the Somerset Hills YMCA, except for injuries caused intentionally or by willful misconduct. I certify that I am familiar with the contents for this release, that I have read and understand the same, and that it is my intention by signing this release that the same be binding not only me, but my heirs, administrators, executors, successors and assigns. I agree to permit medical assistance to be provided to me if my participation in the race warrants medical assistance. I grant to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/ Guardian signature needed if child is under 18)



Contact  
Sue Diebold at  
(908) 630-3522