

The Dora Pedersen 5k • Family Fun Day



Run with Perseverance

Hosted by Northwest Christian School

Saturday, May 22, 2010

92 Route 519, Newton (Hampton Twp.), NJ 07860

Register, course map & directions online at www.ncsnj.org

For more information, call Race Consultant at 973.222.8748, or email questions to dorapedersen5k@yahoo.com.

\$7 per child Dora Dash (fun run)/max. \$21 per family
(registration for fun run on race day only)

\$20 5k Early Registration (until April 30th)

\$23 5k Registration (through May 21st)

\$26 5k Race Day Registration (May 22nd)

2010 USATF-NJ Athletes save \$2 (only until May 12th)

Schedule of Events

Race packet pickup • Friday, May 21st
4:00 pm – 7:00 pm in NCS gymnasium

7:30 am – 9:00 am • Registration/packet pickup
for all participants in NCS gymnasium

9:00 am • The Dora Dash (fun run for kids)

9:30 am • The Dora Pedersen 5k (run/walk)

10:30 am approx. • Awards Ceremony

Awards presented to top 3 overall male & female 5k participants in each age group. See website for age groups.

11:00 am – 3:00 pm • Family Fun Day

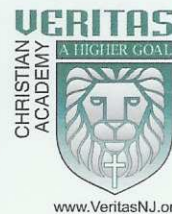
Food & fun for the whole family!

5k runners/walkers receive a t-shirt & goody bag while supplies last!

No pets allowed on the premises. Event held rain or shine.



Thank you to our premier sponsors.



Race Consulting Services provided by
Andy Ball, Wellness & Fitness Counselor

Race timing provided by
BEST Racing Systems



The Dora Pedersen 5k Registration Form (please print information):

BIB #: _____

Age on race day: _____ Birth date: _____ \ _____ \ _____ Male Female Shirt Size (circle one): S M L XL

Last Name: _____ First Name: _____

Street: _____ City: _____ State: _____ Zip: _____

Telephone #: ()- _____ Email: _____

2010 USATF-NJ#: _____ Grand Prix Scoring (only est. finish time): _____

Occupation: _____ Company/Business Name: _____

Amount Enclosed: Cash: _____ Check Amount: _____ Check #: _____

Checks payable to: NCS PTF and send to **Northwest Christian School c/o 5k Run, 92 Route 519, Newton, NJ 07860**
Service fee of \$10.00 will be incurred for returned checks.

In consideration of your acceptance in the Dora Pedersen 5k & Family Fun Day, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administration, waive and release any and all rights and claims for damages, and hold harmless, any sponsoring organization (Northwest Christian School, NCS PTF, Township of Newton, Sussex County, active.com, metro race forum, Andy Ball and co-sponsors, their representatives, successors, agents, servants or employees, and assignees) for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to participate, and state furthermore, that my ability to participate in and successfully compete in this event has been attested to by a qualified physician or certified fitness consultant. I hereby grant permission to Northwest Christian School, NCS PTF to use photos that may include myself for promotion and publicity; and understand that if the Race cannot be held due to an act of God or circumstances beyond control, the Race is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.

Participant signature: _____ Date: _____

Parent/Guardian signature (if under 18): _____ Date: _____