

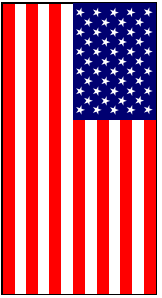
NORTH BRUNSWICK



31st ANNUAL MEMORIAL DAY 5K RUN / WALK 5.31.10

Donations of canned goods are being collected the morning of the run to support the North Brunswick Food Bank. Your support is greatly appreciated.

The Township of North Brunswick
Department of Parks, Recreation & Community Services
710 Hermann Road
North Brunswick, NJ. 08902



31st Annual Memorial Day 5K Run / Walk

Last Name: _____, First Name _____ Male _____ Female: _____

Address: _____

Town: _____ State: _____ Zip Code: _____

Home Phone: _____ Day Phone: _____

E-mail Address: _____

Date of Birth: _____ Month _____ Day _____ Year _____
needed for placement into age categories

Event 5 K Run 5 K Walk
 \$20.00 \$20.00

Shirt Size Small Med Large X-Large

The Brunswick Cup

What: A series of 5k's (3.1-mile) races throughout the Brunswick area
Where: All four Brunswick's: North, New, East & South
When: May-November
Who: Open to runners of all levels.
Walkers Welcome

The Brunswick Cup celebrates participants who complete 3 of 4 5K's in the race series.

The Brunswick Cup follows a longstanding tradition of welcoming runners to scenic, history-rich courses in New Jersey's Middlesex County to race the popular 5K (3.1-mile) distance. This four race series is open to runners of all levels and abilities, from first-timers, to experienced competitors and walkers as well. Whether you're a Brunswick native or just visiting from north or south Jersey and looking for a new challenge, the series can help you reach your goals and enjoy the journey.

The Brunswick Cup begins in May with the 31st annual North Brunswick Memorial Day 5K honoring all the veterans of war, followed by the Jimmy D Memorial 5K in September in New Brunswick, honoring the memory of NB Deputy Fire Chief James D'heron. The third in the series is the John Ragone 5K in East Brunswick, celebrating its 33rd year, making it one of New Jersey's oldest runs. The 6th annual "Run with the Vikings 5K" held in November is the final race of the series, starting and finishing at South Brunswick high school.

Each race runs through scenic neighborhoods & parks that capture the special characteristics of the town and offer glimpses of Central Jersey's beauty. The individual races and the series as a whole build strength, confidence, and experience for all participants. The final 5K, in South Brunswick, can serve as a tune-up for your fall marathon—or simply culminate a year's worth of effort and achievement.

Trophies will be awarded to the top 3 male and female open winners as well as top 3 in the masters category based on lowest cumulative times among 3 out of the 4 races. Additionally, every runner who completes all four races earns a commemorative coffee mug, which will be given out at the South Brunswick event.

No matter which of the races you choose to run, or how many, you'll build your stamina, get to know the Brunswick's, meet new friends and have fun!

Race Information Monday, May 31, 2010

Race Location:
North Brunswick Community Park
Route 130 South, North Brunswick
Check in : 7:30 am
5K Run: Starts at 8:30 am
5K Walk: Starts at 8:45 am

SHIRTS, PRIZES & AWARDS
(shirts guaranteed for pre-registered participants)

Special Prizes donated by:
The North Brunswick Baseball / Softball Association
The North Brunswick Soccer Club
North Brunswick Travel Basketball
North Brunswick Adams A.C. Football

A print out of your results will be mailed to your home.

For further information contact the
Department of Parks, Recreation
& Community Services
732- 247-0922 ext. 475

Mail your registration with a check made payable to the

Township of North Brunswick:
710 Hermann Road, North Brunswick, NJ 08902

**Race packets may be picked up
in advance for pre-registered
participants on Thursday, May 27th
between 9:00 am and 2:00 pm.**

**Please Join Us in
Honoring our Veterans
During a Memorial Day Ceremony
5.31.10
Immediately Following the Race @ 10:30 am**

Hold Harmless Release Form

MEDICAL RELEASE: I recognize that participation in contact sports and other activities may occasionally lead to injury. The most common injuries are abrasions, bruises, sprains, and strains. Less common injuries, but perhaps more serious, may occur. I hereby authorize emergency medical care for my child(ren) or myself. If, in the judgment of the staff, treatment is required for injury or illness, I hereby authorize the administering of anesthetics and recourse to other procedures deemed necessary by the attending physician. I recognize that I am financially responsible for any expenses for medical care or transportation incurred.

Doctor's Name: _____ Doctor's Phone: _____

HOLD HARMLESS AGREEMENT: I agree to abide by the conditions herein and agree to hold harmless, waive, and release any and all rights to claims for damages against the Department of Parks, Recreation & Community Services, Township of North Brunswick, North Brunswick Board of Education, its agents and employees, and other such individuals who may be involved in the planning and implementation of this/these programs.

Signature: _____ Date: _____

Payment Method : Cash _____ Check _____ # _____ (For Office Use Only: Receipt Number - _____)

Credit Card: _____ Mastercard _____ Visa _____ Card # _____ Exp. Date _____

Signature _____