

**The first annual**



# **Sprint For Seniors 5K**

**To benefit the Adult Day Center of Somerset County**

**Saturday, June 26, 2010**

**A USATF-sanctioned (500 points) 5K Race and Fun Walk**

**Duke Island Park, Bridgewater, New Jersey**

**Scenic course on a paved, wooded trail along the Raritan River**

**Certified course NJ09035LMB**

**Race followed by a reception featuring refreshments, DJ entertainment and a silent auction.**

<b>Schedule:</b>	7:30 am Registration opens	9:00 am Race/Walk begins
	8:00 am Silent auction opens	10:30 am Awards announced
	8:45 am Briefing	11:30 am Silent auction ends

**Check in and Start/Finish:** Visitor Center parking lot

**Awards:** Top male/female overall & top male/female 14 & under, 15-18, 19-29, 30-39,40-49, 50-59, 60-69, 70 and over

**Results:** [www.bestrace.com](http://www.bestrace.com)

**More information:** 908-725-0068

**Online registration:** [www.raceforum.com/seniorsprint](http://www.raceforum.com/seniorsprint)

**Entry Fee:** \$25.00 (non-refundable; \$2 discount for USATF-NJ members)

**--All participants will receive a race T-shirt--**



**Official Entry Form**

Make check payable to The Adult Day Center of Somerset County and mail to: *The ADC Sprint for Seniors*, 120 FINDERNE AVENUE, BRIDGEWATER, NJ, 08807.

Last name \_\_\_\_\_ First Name \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

DOB: \_\_\_\_\_ Age (on June 26) \_\_\_\_\_ Sex: M/F

Runner/Walker (circle one) T-shirt size: S /M /L /XL (Adult sizes) USATF-NJ # \_\_\_\_\_

Waiver Release: In consideration of this entry being accepted, I hereby waive and release any claims against The Adult Day Center of Somerset County, its staffs, officers, directors, volunteers, sponsors, successors or assigns for injuries that I may suffer in this event. And I grant the right to use my likeness in any photographic record of the *Sprint for Seniors 5K*. I further attest that I am medically and physically able to participate in said event.

Signature: \_\_\_\_\_ Parent signature (if under 18) \_\_\_\_\_