



The Charlie Dourney Memorial 5K for the Blazeman Foundation



Thursday, July 29th 7:00PM
At the Somerset Hills YMCA
140 Mt. Airy Rd. Basking Ridge, NJ

Charlie Dourney was an avid athlete and coached in the Somerset Hills area for over 40 years. Jon Blais was a 33 yr. old elite athlete and multi-sport competitor. They were both given a death sentence in the form of ALS (Lou Gehrig's). Jon & Charlie were years apart in age but so close in how they both dealt with this disease, with courage, strength and a never ending will to fight as long as they could. This race will honor both of them and all proceeds will be donated to the foundation Jon started before his death in 2007 in remembrance of Charlie who passed away in 2009. If you would like to make a donation to the race for the Blazeman Foundation please go to: www.active.com/donate/thecharliedourney5k

Nonrefundable Entry Fee - \$20 Pre-registration before July 19th, \$25 after July 19th and race day. \$2 discount for USATF-NJ members.

Online Registration – active.com, raceforum.com, bestrace.com

Course – USATF Certified, Sanctioned, NJ Grand Prix 500 Points, Water stops on course and finish line.

Schedule – Packet pick-up & Race Day Registration July 29th starting at 5:30PM

Scoring & Awards – Computer Timing by Best Racing Systems, Awards to 1, 2, 3 Overall Male/Female, Top 3 Teams, 1,2, 3 in 5 yr. age groups 14 & under, 11-59 & 60 & over.

T-Shirt to all pre-registered 5K runners, others while supplies last.
Official Entry Form - Pre-registration ends July 19, 2010
Mail check & entry form to: Donna Dourney 140 Mt. Airy Rd. Basking Ridge, NJ 07920
Make checks payable to: Somerset Hills YMCA

Last Name _____ First Name _____ Email _____

Street Address _____ City _____ State _____ Zip _____

DOB _____ Age on Race Day _____ Sex M F USATF # _____

Team Name _____

Please read carefully and sign Release and Waiver of Liability: I know that running a road race is a potentially hazardous activity and that I should not enter and run 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, traffic and 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 Somerset Hills YMCA, all race volunteers 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 person named in this waiver. Furthermore, I grant to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (if over 18) _____ Date _____

Parent or Guardian Signature (if under 18) _____

For more information contact Donna Dourney at ddracedirector@gmail.com