

Alpha Phi Omega PRESENTS TCNJ's



MONSTER DASH



5K & FUN WALK

October 4th @ TCNJ

REGISTRATION: 9:30AM

FUN WALK: 10:30AM

5K RACE: 11:00AM

FUN WALK: \$15

5K RACE: \$20

**\$5 DISCOUNT WHEN YOU
REGISTER BY SEPT. 19TH!**

USATF-NJ PRE-ENTRY DISCOUNT: \$2

→ **REGISTER ONLINE AT: TCNJ.EDU/~APHIO** ←

**PLEASE BRING NON-PERISHABLE
FOOD ITEMS ON RACE DAY TO DONATE!**

ALL PROCEEDS TO BENEFIT THE TRENTON AREA SOUP KITCHEN & HOMEFRONT

TCNJ's 6th Annual Feed Our Friends 5K and Fun Walk

All proceeds benefit the Trenton Area Soup Kitchen and HomeFront. Please bring non-perishable food items on race day to donate!



5k Awards
Top 3 Overall Male & Female Winners

Age Group Winners:
19 & under, 20-29,
30-39, 40-49, 50-59,
60 and over.

Race Release (must be signed by participant/parent or guardian)

In consideration of acceptance of this entry, I then undersigned intending to legally bond, do hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against, the race director and officials, The College of New Jersey, Alpha Phi Omega, USATF, their representatives, and any and all race sponsors, volunteers, their agents, successors and assigns, for any and all injuries suffered by me in said event. I assume all risks with entering this event, including but not limited to falls contact with participants, effects of weather, and the condition of the course, All such risks being known and appreciated by me, I attest and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant full permission for any and all the foregoing to use my image and likeness for any legitimate purpose without compensation or remuneration, Minors accepted only with a parent or guardian's signature. No registration will be refunded in the event that the registrant can no longer participate.

Last Name: _____ First Name: _____

Sex: M___ F___ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ E-mail: _____

USATF-NJ #: _____ T-Shirt Size: _____

Check One:

___ \$15 - 5K (before 9/19) ___ \$10 - Fun Walk (before 9/19)

___ \$13 - 5K USATF-NJ Member(before 9/19)

___ \$20 - 5K (after 9/19) ___ \$15 - Fun Walk (after 9/19)

___ \$18 - 5K USATF-NJ Member(after 9/19)

*Checks Payable to: TCNJ 5K. Send fee and entry form to Alpha Phi Omega - Office of Student Activities, 2000 Pennington Rd, Ewing, NJ 08628