



The Return of the Three Bridges Five Mile Road Race Saturday, August 15, 2015



Portions of the proceeds will be donated to the Flemington Area Food Pantry

USATF-NJ Sanctioned Event # 15-07-693 - USATF-NJ Certified Course # NJ15527JHP

\$3 Discount to all USATF Members up to 10 Days prior to the Event

5 Mile Road Race: A five mile course of rolling hills through Readington Township’s beautiful rural community. Timing and scoring will be conducted by Best Racing Systems. There will also be mile markers and water stations.

1 Mile Health Walk: Chase Sparky the Dalmatian around a 1 mile fun walk through the Three Bridges Community.

Age Groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Other Category: Police, Fire and EMS—Male and Female

Awards: There will be a number of awards for all age groups, male and female, including emergency service personnel. There will also be a 50/50 drawing given at the awards ceremony.



Race Day Schedule

Registration/Check-In:	7-8:30 AM
5 Mile Race Start:	9:00 AM
1 Mile Health Walk	9:15 AM
Award Ceremony and Reception	10:30 AM



Registration Costs

	Before August 1st	After August 1st
5 Mile Race Entry	\$20	\$25
Police, Fire, EMT (ID Required)	\$15	\$20
1 Mile Health Walk	\$10	\$15

Amenities:

T-shirts to the first 150 registered entries
Bagels, fruits, juice and assorted other beverages available

467 Main Street, Three Bridges, NJ 08887

For more information and directions to the firehouse, please visit our website at <http://www.tbvfc.com>

Any questions, please email us at threebridgesfire@comcast.net or call by phone at (908) 782-6113

Registration is available online at <http://bestrace.com/ThreeBridges/5MileRoadRace> or

Mail the bottom portion of this form with a check made payable to “Three Bridges Fire Company” and mail to:
Three Bridges Fire Co.—5 Miler, PO Box 127, Three Bridges, NJ 08887

Three Bridges 5 Mile Road Race

First Name: _____ Last Name: _____

Address: _____ DOB: ____/____/____

City: _____ State: ____ Zip: _____ USATF #: _____

Emergency Contact Name: _____ Phone Number: _____

Age on Race Day: ____ Gender: M F Member of (Circle One): Fire Police EMT

T-Shirt Size: S ____ M ____ L ____ XL ____ Please attach a copy of your emergency personnel ID

Release Form Liability: In consideration of this entry, I for myself, my heirs, executors, administrators, and assignees waive, release, and discharge the Three Bridges Volunteer Fire Company, the Township of Readington, any volunteer employees, sponsors or any Representatives from any and all claims, demands, actions, or judgments. I certify I am in proper condition to participate in the 5 Mile Road Race. I allow permission for the use of my name, picture, video broadcast, telecast, and/or the use of other media in regards to this event.

Participant Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____