

THE RUMSON FAIR HAVEN RUN



SUNDAY, MAY 9th, 2010
RUMSON-FAIR HAVEN REGIONAL HIGH SCHOOL
74 Ridge Road, Rumson NJ 07760

A.J. Bruder 5 Mile Run - 9:30 a.m.

&

The Rumson-Fair Haven 3K Community Fun Run/Walk - 11:00 a.m.

&

Kiddie Dashes - 11:45 a.m.

A scenic loop course passing some of the most beautiful homes in Monmouth County, along the Navesink River and finishing on the Rumson-Fair Haven High School Track.

- NO REFUNDS, EXCHANGES OR TRANSFERS.
- Deduct \$10 for four or more family members (all races combined) mailed together.
- No confirmation or numbers will be mailed this year.
- In cooperation with the Jersey Shore Running Club.
- Age groups.

* Free T-shirt, sports water bottle and draw string back pack. Refreshments to first 500 entrants in each race.*

HOT LINE: 732.741.2140

Questions? Email RFHRun@gmail.com

Visit www.rumson-fairhavenrun.org for directions, schedules and more.



Back to Mother's Day
Run with Mom
Special Category
Mother/Child
Special Gift to Moms
Post Race Party at Val's
Email - RFHRun@gmail.com



Please Register Online www.RaceForum.com/Rumson
NO EXTRA ONLINE FEE'S. Why use paper? Why Mail?

Pre-Registration

A.J.Bruder Five Mile Run - \$25

The Rumson-Fair Haven 3K Community Fun Run/Walk - \$20

Kiddie Dashes - \$10

FAMILY DISCOUNTS



Last Name _____ First Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ - _____ Date of Birth ____/____/____ Age _____ Sex M/F _____

Shirt Size (circle one) S M L XL Mother/Child Category (check here) _____

Please select a race: 5 Mile Run _____ 3K Fun Run/Walk _____ Kiddie Dash _____

APPLICANTS MUST SIGN WAIVER: In consideration of this entry acceptance, I myself, my heirs, executor and administrator do hereby waive any and all claims for damages I may have against The Rumson Run, Inc., the Rumson-Fair Haven Regional High School PTAs, the Rumson Business and Professional Association, the Rumson Fair Haven Regional Board of Education, the Borough of Rumson, JSRC, the Representatives, successors or assigns if these organizations, race volunteers and all sponsors for injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest that I am physically able to participate in the said event.

Signature _____ Date _____

Signature of parent if under 18

Direct Link to Online Registration - RaceForum.com/Rumson NO EXTRA FEES