



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



3RD ANNUAL SOMERSET VALLEY YMCA

SPOOKY SPRINT

5K RUN AND WALK

Date: October 12, 2013 9:30 AM

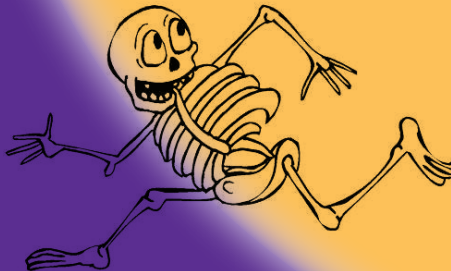
Register at www.bestrace.com or make checks payable to the Somerville YMCA and mail form below to 2 Green Street, Somerville NJ 08876

Entry fee: Before 10/2, \$22 • USATF-NJ members- \$20 • After 10/2, \$25



All Proceeds Go to Benefit the Somerville Family YMCA's Strong Kids campaign!

- Race day registration starts at 8 am at Veterans Plaza on Grove Street.
- Awards ceremony following at around 10:30 am.
- Shirts & goody bags to all pre-registered runners (while supplies last).
- Refreshments, food & music provided.
- Costumes are welcome.
- Awards for Top 3 Male/Female runners; Top 3 Male/ Female runners in 5 year age groups 14 & under, 15-19; through 80-84 and 85 & up.
- Please bring a can of food for the food bank.



RACE STARTS RAIN OR SHINE AT THE CORNER OF EAST HIGH STREET & GROVE STREET IN SOMERVILLE



SOMERSET VALLEY YMCA SPOOKY SPRINT REGISTRATION OR ONLINE AT WWW.BESTRACE.COM

Name: _____ Age: _____ Gender: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth: _____ USATF NJ#: _____ Shirt Size: S M L XL

Liability release: In consideration of being accepted in the Spooky Sprint, I for myself, my heirs, my executors, administrations and assigns do hereby expressly release and discharge the Somerset Valley YMCA, Best Race, USATF, the Borough of Somerville, the organizers, directors, sponsors, volunteers, its officers, agents, and employee's from any and all claims, demands, and actions of any kind arising, in whole or in part, out of participation in this event.

Participant's Signature: _____ Date: _____ Parent/Guardian Signature (if under 18 years of age) _____