



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

4TH ANNUAL SOMERSET VALLEY YMCA

# SPOOKY SPRINT

## 5K RUN AND WALK

October 11, 2014 9:30 AM

Register at [www.bestrace.com](http://www.bestrace.com)

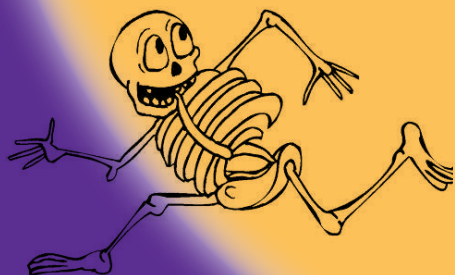
or mail form and check to 2 Green Street, Somerville NJ 08876

Entry fee: Before 10/1, \$23 • USATF-NJ members- \$20 • After 10/1, \$25

All proceeds benefit  
the SOMERSET VALLEY YMCA's  
Annual Support Campaign!

- Race day registration starts at 8 am at Veterans Plaza on Grove Street.
- Shirts & goody bags to all pre-registered runners (while supplies last).
- Food by Verve. Music provided.
- Silent auction
- Costumes welcomed!
- Please bring a canned good for the food bank.
- Awards for top 3 male/female runners; and top 3 male/ female runners in 14 & under, 15-19 and age group categories through 85 & up.

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



SOMERSET VALLEY YMCA SPOOKY SPRINT REGISTRATION FORM OR ONLINE AT [WWW.BESTRACE.COM](http://WWW.BESTRACE.COM)

Checks payable to: Somerset Valley YMCA

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, Somerset County and its officers and employees, 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) \_\_\_\_\_