



Wheel Life Cycles & Somerville Cycles

Now in Hillsborough, Skillman & Somerville!

Present the 8th Annual

"RUN WITH AIMEE"

5K Individual/Team Road Race and 1 Mile Ramble

Sunday, April 4, 2004, Montgomery, NJ

Central New Jersey's Premier 5K Road Race



500 points

Time/Location: The 1 Mile Ramble starts at 10:00 AM followed by the 5K Race at 10:30 AM. (NOTE: Daylight Savings Time change). Registration, race packet pickup, start and finish are at Montgomery High School on Burnt Hill Rd. Parking is limited, so please carpool if you can. Obey instructions of parking and traffic marshals. Please plan to arrive early – some local roads may be closed after 9:30 AM.

From South (Princeton Area) Take Route 206 North. In Montgomery, take jughandle for Orchard Rd. Cross Route 206, and at end of Orchard, make right to Burnt Hill Rd.

From North (Somerville Area) Take Route 206 South. Make right on Orchard Rd. At end, make right on Burnt Hill Rd

5K Fees: \$20 Postmarked by March 24, 2004. \$25 for registration on Race Day. 2004 USATF-NJ members and youths 18 and under may take an additional \$2 discount when pre-registering for 5K race only.

RAMBLE Fees: \$12 Postmarked by March 24, 2004. \$15 for registration on Race Day. No discounts apply.

Make checks payable to THE AIMEE FUND and mail to The Aimee Fund, PO Box 45, Skillman, NJ 08558.

Register online now through midnight, March 30, 2004 at www.runwithaimee.org

(NOTE: MAILED REGISTRATIONS MUST BE POSTMARKED NO LATER THAN MARCH 24, 2004.)

Food Bank Collection: Please bring cans or unopened boxes of non-perishable food for a collection for the Food Bank.

Course: The 5K race is a loop course, USATF-NJ Certified/Sanctioned (NJ 97001GAN) with water available at start/finish and along the route. The Ramble is an out and back measured mile.


Extras: Quality, long sleeve t-shirts! Plus goodie bag, runner's premium, refreshments & door prizes. Computer scoring. 5K results posted on website same day. T-shirt, goodie bag & premium not guaranteed to raceday registrants. Register early!

Teams: Must pre-register together. There is no extra cost to register. A Team consists of at least 3 and a maximum of 5. Mixed Teams must have at least 1 female and 1 male. Best 3 Team member times are scored. **No Race Day Team Registration.**

Awards: **5K RACE/Individual** - Special awards to top 3 overall female and male finishers. Awards for first f/m Master (40+), first Montgomery Township f/m resident, and top 3 f/m in age 5-year age groups from Under 15 to 65+.

5K RACE/Team - First Female, first Male and first Mixed Team. Team members are eligible for individual awards.

1 MILE RAMBLE - Special awards to all finishers.

For More Information: Contact our toll-free hotline at 877-34AIMEE (877-342-4633) or visit our website, www.runwithaimee.org, for detailed course descriptions, training tips, secure on-line registration, confirmation of your registration, and other information. On-line registration provided by 

ADDITIONAL SPONSORS

Commerce Bank	Kepner-Tregoe	DesignWrite	Diane Schilke-Coldwell Banker	ConvaTec
Gym Source	Harlingen Veterinary Clinic	Somerset Valley Bank	Segal Realty	Carrier Clinic
Targit Sales Associates	Manville Wal-Mart	PrincetonNassauConoverFord	Covance	CountryClassics
Johnson & Johnson PRD, LLC	Provident Bank	Rhona Silver Enterprises	Schilke Construction Co	
Princeton Radiology Assoc	Montgomery Twsp Rec Dept	Sports Physical Therapy	Mountainview	
		Chiropractic		

"RUN WITH AIMEE" ENTRY FORM & RELEASE Please PRINT all information. 5K Teams must enter together.

Last Name _____ First _____ Birth Date (mm/dd/yy) ___/___/___ Age (race day) _____ Sex _____

Address _____ City _____ State _____ Zip _____ Phone _____

E-Mail Address (So we can contact you if we have questions or updates): _____

Event (Circle One): 5K Race 1 Mile Ramble Team (5K) Team Name _____ T-shirt Size: S M L XL

Montgomery Resident, check here: _____ Year 2004 USATF-NJ # _____ required to earn NB NJ Grand Prix points

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident, which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. I confirm here that I am physically fit and qualified to participate in this event and I am at least 18 years of age or have had this release signed by my guardian if I have not reached the age of 18.

PLEASE MAKE CHECKS PAYABLE TO: THE AIMEE FUND and mail to: PO Box 45, Skillman, NJ 08558