

BERINGER HOUSE 5K Run 2004



Saturday, May 8, 2004 – Rain or Shine
Through Beautiful and Historic Metuchen, NJ

All proceeds benefit Beringer House, an affordable housing option for older adults in the Metuchen and Edison communities



500 points

REGISTRATION: 7:15 AM at Metuchen H.S. (parking available)

SCHEDULE: 8:30 AM – 5K Run immediately followed by Walk

FEES: Only \$15 if postmarked by April 20 (\$13 for USATF members); \$20 thereafter

COURSE: Flat & fast through the pristine, tree-lined streets of Metuchen – USATF certified 5K

AMENITIES: Post-race refreshments!
Uniquely designed T-shirts! (Guaranteed for pre-registrants only)
Lots of great prizes will be distributed by random selection!

AWARDS: Top three male and female runners
Top male and female walkers
All age group categories – three-deep
(19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over)

FOR MORE INFORMATION OR TO REGISTER IN PERSON:

Call or go to Runners' High (732) 549-9440 – 454 Main St., Metuchen

YOUR HEALTHY STATEMENT BY ENTERING THE BERINGER HOUSE RUN/WALK ON MAY 8th WILL HELP KEEP A WORTHWHILE COMMUNITY PROJECT IN GREAT SHAPE!

Please detach entry form and return with check to Beringer House, P.O. Box 157, Metuchen, NJ 08840 **OR** Runner's High, 454 Main Street, Metuchen, NJ 08840 - Make all checks payable to **BERINGER HOUSE**

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Last Name _____ First Name _____ M ___ F ___
Birthdate _____ Age ___ Runner ___ Walker ___ Shirt Size M L XL
Address _____ City _____ State ___ Zip _____
Phone _____ E-Mail _____ USATF# _____

I know that running is a potentially hazardous activity and I should not enter and run unless I am medically able and properly trained. I assume all risk associated with running this event including, but not limited to falls, contact with other participants, the effect of weather, traffic, other conditions of the course and all such risks being known to me. Having read this and knowing these facts and in consideration of accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release Shared Living Concepts of Metuchen/Edison, Inc., the USATF NJ, all race volunteers, and all sponsors, their employees, representatives and successors from any claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence and carelessness on the part of the persons named in this waiver. Further, I grant to all foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. Due to insurance coverage, baby strollers are discouraged.

Signature _____ Date _____
Parent's Signature (For athletes under 18) _____ Date _____