

the 27th Annual

East Brunswick Road Races

Sunday October 24, 2004

Registration opens at 11:00 AM at Crystal Springs Aquatic Center, Dunhams Corner Road.
Early registration and optional packet pick-up at Brunswick Square Mall near JC Penny, 1-4 PM October 23.

Quality long-sleeve T-shirt guaranteed to pre-registered 5K and 10K runners and fitness walkers, others while supply lasts. Refreshments to all participants. Race results by CompuScore.

Crystal Springs Aquatic Center is located at the junction of Church Lane and Dunhams Corner Road in East Brunswick. Take Route 18 to Cranbury Road to Dunhams Corner Road, or Route 130 to Georges Road to Church Lane.

Kids Pumpkin Dashes: 12 Noon

All children receive a farm fresh pumpkin from Giamerese Farms. \$2 per child (pre enter below or enter on race day).

NEW ▶ Pumpkin painting after the race!

John Ragone 5K Race: 1:00 PM

Awards to top M/F overall and to top 3 M/F in the following age groups: 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. top M/F EB resident Runners under 10 not eligible.

Entry fee \$17 by 10/16/04; \$20 POST/Race Day

Halloween Costume Contest to be held after the races!

Call (732) 388-8884 until 9 PM, or visit www.rvrr.org for more information!

Register On Line at www.Active.com

OR, Make check payable and mail to: East Brunswick Road Races, PO Box 6481, East Brunswick NJ 08816

Pre-Registration — \$17 for 5K or 10K race, or Fitness Walk.
\$2 discount for USATF-NJ members or East Brunswick residents.

Post-registration (after 10/16/2004) \$20 — NO DISCOUNTS!

East Brunswick 10K Race: 1:00 PM

Awards to top 3 overall M/F, top M/F EB resident, and top 3 M/F in the following age groups: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Runners under 13 not eligible for awards.

Make your own team! Awards to top 3 teams in the following divisions: Parent/Child, M/F couples, 3 person Family, Male, Female. Register for teams on race day.

Entry fee \$17 by 10/16/04, \$20 POST/Race Day

NEW ▶ 2-Mile Fitness Walk: 1:00 PM

Be part of the action! Get your body moving for a good cause. All participants receive an award!

Entry fee \$17 by 10/16/04; \$20 POST/Race Day

Supported in part through a grant from the Township of East Brunswick Department of Recreation, Parks and Community Services.
All profits donated to community service organizations.



10K: 500 Points
5K: 500 Points

LAST NAME _____ FIRST NAME _____
STREET ADDRESS _____ AGE _____ BIRTHDATE ____/____/____
TOWN _____ STATE _____ ZIP _____
(____) _____ - _____ SEX M F
AREA CODE PHONE NUMBER USATF-NJ 2004 MEMBERSHIP NUMBER

5K 10K
 Walk Kids Dash
T-SHIRT SIZE M L XL
\$ _____ AMOUNT ENC.

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, The East Brunswick Road Races, all organizing committees, the Township of East Brunswick, USATF-NJ, the Road Runners Club of America and all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____
(Self or Parent if runner is under age 18)