



2nd Annual IHS **Race 4 Freedom** God Country School

5K RUN / 2 MILE FUN WALK

RUNNER'S WORLD

Saturday, June 25, 2005 – Rain or shine

To Benefit Immaculata High School Need-Based Tuition Assistance

Place: Immaculata High School, 240 Mountain Avenue, Somerville, NJ
PARKING: Side streets and shuttle parking from Immaculate Conception School parking lot

Registration: Online at race website until June 22, 2005
By mail until June 17, 2005
Race Day 7:00am – 8:15am

Race: 8:30 AM 5K Race through the historic town of Somerville
8:45AM 2-mile Fun Walk to the Wallace House & return to IHS

Individual

Sponsorship: Forms available online at www.ihsrace4freedom.org

Awards: Overall Male & Female (3&3) Overall Alumni Male & Female (3&3)
Top 3 Male/Female in the following age groups:
14 and under, 15 – 19, 20 – 24, 25 – 29, 30 – 34,
35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 - 59, 60 – 69, 70+
Alumni class spirit & individual sponsorship

No duplicate awards / Scoring by Compuscore.com

Entry Fees: 5K = \$17 received by June 17, 2005 (\$15 USATF-NJ Members)
= \$20 after June 17, 2005
2M Fun Walk = \$10 pre/post

T-Shirts: Guaranteed T-shirts if received by June 10, 2005
T-shirts available on race day while supplies last (Created by Tees2Please)

Freedom Fest: Immediately following the race at Immaculata High School

More Info: Email: development@icpdev.org or call 908-541-0222 ext. 1124



Please clip and send completed registration form and fee with a
check made payable to: 2nd Annual IHS Race4Freedom
Mail to: 2nd Annual IHS Race 4 Freedom, 35 Mountain Avenue, Somerville, NJ 08876

NAME: _____ **PHONE:** _____

ADDRESS: _____

E-MAIL ADDRESS: _____

DOB: _____ **AGE:** _____ **Male Female T-Shirt Size:** S M L XL XXL

AMOUNT ENCLOSED: \$ _____ **IHS Alumni:** Y N **Year Graduated:** _____

USATF-NJ # _____ **Please place my name as a participant on Alumni Website:** Y N

I would like to participate in 5K Run _____ 2M Fun Walk _____

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 these cross country events, 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, I waive and release all claims and rights that I, my heirs, executors, and administrators might have against Immaculata High School, any race sponsors or sanctioning body in the event of any injury suffered by me in the 2nd Annual Race 4 Freedom IHS Alumni Sponsored 5K Run and Fun Walk.

Signature: _____ **Date:** _____

Parent Signature (if under 18): _____ **Date:** _____