

Trenton Waterfront 5K for Habitat for Humanity – Trenton Area

RACE HOTLINE: (609) 393 – 8009 x226 or ksuarez@habitatnj.org (Kim Suarez)



- Walkers and families welcome!
- Food, refreshments, music and family activities
- Relatively flat course with water stops
- USATF Certified Course and Sanctioned race
- USATF-NJ Grand Prix Event: 500 points
- T-Shirts (while they last)
- CompuScore mailed results
- Group teams comprised of at least 4 participants are welcome *

KatManDu Waterfront Grille

Route 29, 50 Riverview Executive Park

Mercer County Waterfront Park, Trenton, NJ

Race Date: June 22, 2005 (Wednesday; rain or shine)

Registration: 5:00 – 6:30 PM

Race Start: 6:45 PM

DIRECTIONS: From NJ Turnpike: Exit 7A to I-195 W. Continue approximately 5 miles. I-195 ends and becomes Rte. 129/29. Follow signs for Rte. 29/Lambertville (tunnel). Continue through the tunnel and at 2nd light make a left into KatManDu parking lot.

From Pennsylvania: I-95 to Exit 46A – Morrisville/Rte 1 N. Follow Rte 1 over bridge to 1st exit in NJ that is immediately after bridge on right (stay in right lane over bridge). Go through Yield sign to 1st light. Make a right at the light and KatManDu is in front of you.

From North Jersey: Rte. 1 S. to Rte. 129/S. Broad St./Chambersburg exit. Make a right at the 2nd light – Cass Street West. Follow Cass to 3rd light – bear right on to Rte. 29 N. Next light make a left to pull into KatManDu parking lot.

From South Jersey: I-295 N to Exit 60 for I-195 West - Trenton. Follow I-195 West until you see signs for Rte. 29/Lambertville (tunnel). Continue through the tunnel and at 2nd light, make a left into KatManDu parking lot.

----- Detach and Return Bottom Portion -----

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If you want to support this cause, but will not be participating in the race, your donation is appreciated.

100% tax-deductible donation of \$ _____ enclosed

Pre-registrations must be received by June 15, 2005 (photocopies accepted). Signed Waiver and Release required for each participant. Race Day registration available. Fees are per participant. * For Group Teams, please submit all team member registrations at one time.

Name: _____

Participant Only:

Address: _____

Age on Race Day _____ Date of Birth _____

Male Female

City: _____

Adult T-Shirt Size: L XL XXL

State: _____ Zip: _____

* If applicable, Group Team name: _____

Phone: (____) _____

If applicable, USATF-NJ #: _____ USATF Members Only: Pre-Register:\$15.00 Race Day:\$18.00

REGISTRATION FEE: Pre-Registration: \$17.00 Race Day: \$20.00

Mail registration form and check **PAYABLE TO:**

HABITAT FOR HUMANITY – Trenton Area or

c/o Kim Suarez

Register Online:

www.active.com

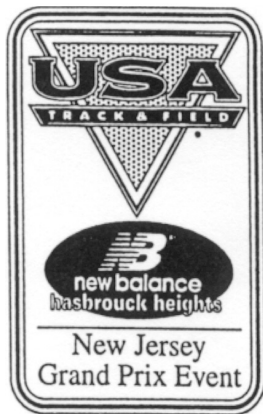


601 North Clinton Avenue

Trenton, New Jersey 08638

WAIVER AND RELEASE (Must be signed to participate)

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event and I hereby release and hold harmless Habitat for Humanity – International, Habitat for Humanity – Trenton Area, City of Trenton, USATF and local USATF Association, corporate sponsors, and all other persons or entities associated with this event (including their employees or affiliates) from any claims I may have arising out of participation in this event, including personal injury or damage suffered by me or others, whether same be caused by negligence of any of the said parties' agents or employees, or otherwise. If I do not follow all the rules of this event I understand that I may be removed from the competition. I give my full permission to any of the said parties to use any photographs, videotapes or other recordings of me that are made during the course of this event.



500 points

Participant's Signature (If Participant is under age 18, Parent/Guardian's signature)

Date