

The East Brunswick Department of Recreation and Community Service,
in conjunction with the Raritan Valley Road Runners presents the

30th ANNUAL



EAST BRUNSWICK ROAD RACES

10K, 5K, 1 Mile Fun Run/Walk & Kids Dash

Sunday October 21, 2007

Crystal Springs Aquatic Center
East Brunswick, NJ
Rain or Shine

East Brunswick Road Races is supported in part by a grant from the
Township of East Brunswick Department of Recreation, Parks and Community Services

Special Appearance by:



New Jersey 101.5



10K: 500 Points
5K: 500 Points

SCHEDULE OF EVENTS

- Please plan to arrive early as roads close at 12:45 pm
- 11:00 am – 12:45 pm** Registration and Packet Pickup
 - 12:00 pm** Kids Pumpkin Dashes followed by Pumpkin Painting
 - 12:20 pm** Family Stretch led by Tiger Schulmann's Karate
 - 12:30 pm** 1 Mile Fun Run/Walk
 - 1:05 pm** John Ragone 5K
 - 1:20 pm** East Brunswick 10K

Join us for fun-filled activities for the kids immediately following the kids dashes and 1 mile fun run

ENTRY FEES

- Kids Pumpkin Dashes **\$2.00 (no shirt)**
- 1-Mile Fun Run/Walk **\$10.00***
- 5K and 10K:

Pre Registration - \$18.00

\$16.00 USATF-NJ & East Brunswick Residents

Post Registration (after 10/15/07)/Race Day – All **\$22.00**

**Parents do not pay to accompany a child. All children pre-registered for the fun-run will receive a specially designed 30th anniversary sports bag filled with goodies!*

****No baby joggers/pets allowed in 5K and 10K**

****Please see reverse side of application for additional information****



Proceeds from this event will benefit the Camp Daisy Recreation Program that provides "education through recreation" to children and young people with disabilities and the East Brunswick Volunteer Rescue Squad.

Official Entry Form

Make checks payable and mail to: **East Brunswick Road Races, Inc.**, P.O. Box 6481, East Brunswick, NJ 08816

ONE ENTRY PER APPLICATION

Event: Pumpkin Dash 1 Mile Fun Run 5k Race 10k Race

Last Name First Name Sex (M/F) Birth Date (M/D/Y) Age

Street Address City State Zip

Phone 2007 USATF Number e-mail _____

5K Team: Parent/Child; 3 Person Team Name _____

Please mail applications for team members together

In consideration for being allowed to participate in this event, I personally assume all risks relative to my safety, including but not limited to falls, contact with other runners, the effects of the weather, traffic and the conditions of the course. I release the Raritan Valley Road Runners, East Brunswick Road Races Inc, all organizing committees, the Township of East Brunswick, USATF-NJ, RRCA, all sponsors, representatives and successors from any and all claims by me, my family, heirs or estate for injury or damage which may occur due to my participation. I certify that I am physically fit and qualified to participate, and agree to abide by any decision of a race official relative to my ability to complete the race.

Participant Signature or Parent/Guardian (if under age 18) /Date _____



EAST BRUNSWICK ROAD RACES

Thanks to our Sponsors

REGISTRATION

- Register online at www.active.com or by mail
- Race Day Registration/Package Pick-up: 11 am – 12:45 pm at East Brunswick Crystal Springs Aquatic Center, Dunhams Corner Road.

AWARDS

- 5K/10K: Top 3 overall male/female finishers
 - Top 3 East Brunswick male/female finishers
 - Top 3 male/female age group finishers
- 1 Mile Fun Run/Walk participants receive a medal
- All children participating in the pumpkin dashes receive a ribbon and pumpkin to paint

AGE GROUP AWARDS

- 5K and 10K: 5 year: 13-19 to 70 and over

TEAM AWARDS

- 5K Only: Top 3 teams in the following divisions: Parent/Child, 3 Person (all male, all female, coed).

5K/10K COURSE DESCRIPTION

- USATF certified course through tree-lined neighborhoods of East Brunswick. Mostly flat with a few rolling hills. Downhill finish! Two water stops in the 10K and 1 in 5K. Race results by www.compuscore.com

FOR INFORMATION/QUESTIONS

Phone: (848) 391-0200
 E-mail ebrrinc@gmail.com
 Website: www.ebrr.org



KID'S EVENTS by L'Oreal

- Face painting and games will be located at the race site for children participating in the day's events!

AMENITIES

- *Specially designed 30th anniversary sports bag filled with goodies* guaranteed to all pre-registered 5k and 10k runners, others while supplies last. Post race refreshments for all. Free massages by CrossRoads Massage Therapy. Photos taken race day by Mond Photography (visit www.mondphoto.com). Music and prizes from New Jersey 101.5. Demo by Tiger Schulmann Karate.

DIRECTIONS

Crystal Springs Aquatic Center is located near the intersection of Church Lane & Dunham's Corner Rd. in East Brunswick, NJ

From South/North Jersey take NJ Turnpike to Exit 9. Take Route 18 South. Follow directions below

From Route 18: Take Cranbury Rd exit. Follow Cranbury Rd. until road splits, bear right onto Dunham's Corner Rd, continue straight (cross over Ryders Lane) until you reach Crystal Springs Aquatic Center

From Route 130: Take Washington Place exit by the Getty Station, left onto Hardenburg Lane. At the end make a right on Dunham's Corner Rd, continue straight until you reach Crystal Springs Aquatic Center



The Brunswick Cup

What: A series of 5k's (3.1-mile) races throughout the Brunswick area

Where: All four Brunswick's (North, New, East & South)

When: May - November

Who: Open to runners of all levels

Trophies awarded to the top 3 male/female overall and masters winners based on lowest cumulative time in 3 out of the 4 races. Every runner who completes all 4 races earns a commemorative cup!



CONSUMER PRODUCTS DIVISION



Special Thanks To

Applebees
 Blockbuster
 Burger King
 Carrabbas
 Chef Jays

CrossRoads Massage Therapy
 Mond Photography
 Olive Garden
 Raritan Valley YMCA
 Tiger Schulmann's Karate

North Brunswick Memorial Day 5K
 May 28, 2007

www.northbrunswickonline.com

Jimmy D 5K – New Brunswick
 September 2, 2007
www.jimmyd5k.com

John Ragone 5k – East Brunswick
 October 21, 2007
www.ebrr.org

Run with the Vikings 5K – South Brunswick
 November 4, 2007
www.rwtv5k.com