

25th Annual **5K** CROSS COUNTRY
 Hosted by **RVRR**

Summer Series 2008

June 24 - July 8 - July 22 - August 5
 Tuesdays @ 7:00 PM

Buccleuch Park

New Brunswick NJ

Home of the Rutgers Lady Knights XC Team!
 (Easton Avenue across from St. Peters Hospital)

The races begin at the south-center of the Park near Buccleuch Mansion, and are two loops of 2.5K each. Accurately measured; one hill each loop. Traffic control; water at the finish; awards presented within thirty minutes. Pizza and hotdogs for all finishers!

Raritan Valley Road Runners / City of New Brunswick

5K Race

Male : 13-15, 16-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

Female : 13-15, 16-17, 18-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

Overall male/female plus top 3 each age group win an award each race. Top overall male/female plus top 4 each age group (no duplicates) win awards for the Series, based on total of best three individual race times. Age on June 24, 2008 used to calculate Series awards, regardless of which races run.

5K Teams

Open Male ~ Masters Male ~ High School Male (by County)
Open/Masters Female ~ High School Female (by County)

Teams of 7 runners per race. Top 5 score based on overall place. Runners may compete for only one team during the Series. Teams score 5-4-3-2-1 points toward series championship for 1st through 5th place in each division each race. All 4 races score.

2.5 K Junior Race

Open to runners **age 10, 11, and 12 only**. Held in conjunction with the **first lap** of the 5K race. Awards to 1st through 5th place Boy & Girl each race. Parents should enter their child only if the child is capable of completing the event without the aid or companionship of the parent or other runner.

for more info, visit: www.rvrr.org or call 732-254-3120 until 9PM

Please make check payable and mail to: **RVRR Summer Series, 75 Hardenburg Lane, East Brunswick, NJ 08816**

Name: _____ Phone: (____) _____
LAST FIRST AREA NUMBER

Sex: **M** **F** Address: _____
STREET TOWN STATE ZIP

Date of Birth ____/____/____ Age ____ on **6/24/08** Races Entered: **June 24 July 8 July 22 Aug 5**
MONTH DAY YEAR

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, waive and release the Raritan Valley Road Runners, the race directors, all organizing committees, the City of New Brunswick, 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.

Signed: _____ Date: _____
(by participant, or guardian if participant is under 18)

	Pre-Registration	Post-Registration	4-Race Series
5K Race			
<input type="checkbox"/> Age 13-17	\$5.00	\$7.00	\$20.00
<input type="checkbox"/> Age 18+	\$8.00	\$10.00	\$30.00
2.5K Race			
<input type="checkbox"/> Age 10-12	\$5.00	\$5.00	\$20.00
Total Enclosed: \$ _____			