

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

# 31<sup>st</sup> Annual EAST BRUNSWICK ROAD RACES



**5K, 10K  
1 Mile Fun Run/Walk,  
Kids' Dashes**

**Sunday October 5, 2008**

Crystal Springs Aquatic Center,  
East Brunswick, NJ  
*Benefiting Camp Daisy &  
East Brunswick Rescue Squad*



5K 500 Points 10K 500 Points

**SCHEDULE (rain or shine):**

|                  |                |          |                     |
|------------------|----------------|----------|---------------------|
| 11 am – 12:45 pm | Registration   | 12:30 pm | 1 Mile Fun Run/Walk |
| 12 pm            | Kids Dashes    | 1:05 pm  | John Ragone 5K      |
| 12:20 pm         | Family Stretch | 1:20 pm  | East Brunswick 10K  |

**REGISTRATION:** Online at [www.active.com](http://www.active.com) or for free at [www.raceforum.com](http://www.raceforum.com) By mail (application below). Race results by [www.compuscore.com](http://www.compuscore.com).

**ENTRY FEES.....:** Kids Pumpkin Dashes: \$2.00  
1-Mile Fun Run/Walk: \$10.00  
-Parents do not need to pay to accompany a child in the fun run.  
5K and 10K:  
Pre Registration (on-line or postmarked by 9/29/2008)  
General: \$18.00  
USATF-NJ members: \$16.00  
East Brunswick Residents: \$16.00  
Post Registration (after 9/29/2008 and on day of race)  
All: \$22.00

**5K/10K COURSE:** Tree-lined roads through residential neighborhoods. Mostly flat with a few rolling hills. Downhill finish! USATF certified.

**AWARDS:** 5K/10K.....: Top 3 overall & East Brunswick M/F finishers  
Top 3 M/F age group finishers  
5K Only.....: Team awards  
1 Mile Fun Run/Walk: All participants receive a medal  
Kids Dashes.....: All receive a ribbon and pumpkin to paint

**INFO:** Phone: 848.391.0200 Email: [ebrrinc@gmail.com](mailto:ebrrinc@gmail.com) Web: [www.ebrr.org](http://www.ebrr.org)

**5K IS A 2008 BRUNSWICK CUP SERIES RACE:** A series of four 5K races throughout all four Brunswicks from May to November. Every participant who completes all 4 races earns a commemorative coffee mug! Trophies awarded to top 3 overall and masters (M/F) with lowest cumulative time from 3 of the 4 series races. Email [ggcfsafe@comcast.net](mailto:ggcfsafe@comcast.net) or call 732.940.3111 for more info.

**AMENITIES:** Long sleeve t-shirts guaranteed to all pre-registered 5K/10K participants, others while supplies last. All children pre-registered for 1 mile fun run will receive a short sleeve shirt, others while supplies last. Goodie bags for participants while supplies last. Race photos by Mond Photography. Join us afterwards for post race food and refreshments along with face painting, kids' games and entertainment. Also, get a free massage from Well Massage Therapy.

**DIRECTIONS:**

**Closest Address:** 334 Dunhams Corner Road, East Brunswick, NJ 08816  
**From NJ Turnpike:** Take Exit 9 to Route 18 South. Follow directions below.  
**From Route 18:** Take Cranbury Rd. exit. Follow Cranbury Rd. until it 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 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.

|               |  |                  |  |                      |  |                         |  |
|---------------|--|------------------|--|----------------------|--|-------------------------|--|
| Name _____    |  | Birth Date _____ |  | Age (race day) _____ |  | Sex _____               |  |
| Address _____ |  |                  |  | Phone # _____        |  | E-mail (optional) _____ |  |
| City _____    |  | State _____      |  | Zip Code _____       |  | 2008 USATF # _____      |  |

Event:  10K  5K  1 Mile Fun Run  Kid's Dashes

Long Sleeve Shirt Size – 5K/10K Only:  Small  Medium  Large  X-Large

T-Shirt Size – 1 Mile Fun Run Only – Youth Sizes:  Small  Medium  Large

5K Team:  Parent/Child  3 Person **Team Name** \_\_\_\_\_ (Please mail entries for team members together)

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



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, 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 \_\_\_\_\_  
**Online Registration [www.RaceForum.com/EBRR](http://www.RaceForum.com/EBRR)**