



15K – 700 Points
5K – 500 Points

These races are scenic with lots of water stops and awards.

Time:

- Saturday, April 25, 2009
 - 1 Mile at 9:00 am
 - 5K at 9:30 am
 - 15K at 9:30 am

Place:

Bundt Park
5 Red School House rd
Lebanon, NJ 08833

Events:

- Music
- Food
- Long Sleeve T-Shirts
- Cash awards for 15K overall and USATF-NJ age group winners. Masters USATF-NJ money determined by age grading."

Register online at: <http://www.countryrun.us> or www.RaceForum.com/Clinton or register by mail using the form below
For questions contact: John Lertola, (908) 812-4806 or send email to johnlertola@comcast.net

Clinton Country Run 2009

Name			Sex (Circle) M F		
Address			Age (on Race Day)		
City	State	Zip	Date of Birth		
Email Address			2009 USATF-NJ#		
<i>Please Circle one T-Shirt Size</i>					
Adult Extra Large	Adult Large	Adult Medium	Adult Small	Kids Medium	
Please select one and make check payable to: <i>Clinton Township Parks and Recreation, 1225 Route 31 South, Suite 411, Lebanon, NJ 08833</i>					
	Pre-Registration by April 23			After April 23	
	Adult	USATF-NJ	Ages 17 & Under	Adult	Ages 17& Under
15 K	\$30	\$28	\$25	\$35	\$30
5 K	\$25	\$23	\$20	\$30	\$25
1 Mile	\$15	\$15	\$12	\$20	\$15

WAIVER/RELEASE: In consideration for my registration being accepted and my being allowed to participate in the above event, I hereby, for myself, my heirs, executors and administrators, waive, release and give up any and all claims and rights which I may have, now or at any time in the future against USATF-NJ, the Township of Clinton, its staff, officers, elected officers, consultants, volunteers, or any others involved in the above event and their successors and assigns for all personal injury, bodily injury, death or property damage which may be suffered by me in or from the above event. I confirm that I am physically able to participate in the above event and grant the Township of Clinton the unlimited right to use my likeness in any photographic record of the above event.

Signed	Date
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Parent/Guardian Signature if participant is under 18 years of age