

# NEW PROVIDENCE 5K RACE

## SATURDAY, MAY 9, 2009

Fun for the Whole Family ♦ Races for All Ages

*Proceeds to benefit*  
**Our Troops In Iraq**



Registration and Results online at  
[www.compuscore.com](http://www.compuscore.com)

### 1 MILE FUN-RUN 8:30 AM

Pre-Registration \$10 (before 4/24)  
Registration \$12 Post

### 5K RUN / WALK 9:00 AM

Pre-Registration \$15 (before 4/24)  
Registration \$17 Post

### SPROUT SPRINTS

10:00 AM

For kids 5 years old and under

**Family Rate \$30 Maximum**

#### 5K Race Awards

Overall Male & Female  
Overall Male & Female in age categories  
Overall NP Resident Male & Female

#### 1 Mile Fun-Run Awards

Overall Girl and Boy  
Overall NP Girl and Boy

#### Sprout Sprints Medals

All finishers receive a medal  
Provided by **Argent Plumbing**

- Prizes include **New Balance** Items and **Restaurant Gift Certificates** (no duplicate awards)
- Medals to all 1-mile finishers
- Refreshments at the end of the race provided by **Prestige Diner**
- All pre-registrants are guaranteed t-shirts & may pick them up before the race
- Post registrants will receive shirts while supplies last

**Packet pick-up & registration begin at 7:30 AM at New Providence High School, 35 Pioneer Dr.**

Directions: Traveling west on Rt. 1-78, use Exit 43 & follow signs to New Providence. Traveling East on Rt. 1-78, use Exit 44, turn left at end of exit ramp onto Glenside Avenue, then left on Glenside Road. Go through 2 traffic lights, then make a left on either High St. or West View Ave. and follow around to Pioneer Drive and the NP High School. You may park in either parking lot.

# REGISTRATION FORM

<u>Race</u>	<u>Pre 4/24</u>	<u>Post 4/24</u>
1-Mile Fun-Run	\$10	\$12
5K Run/ Walk	\$15	\$17
Family Rate	\$30	\$30
Sprout Sprints	No Fee	No Fee

Please print  
Last Name \_\_\_\_\_

<u>First Name</u>	<u>Age</u> (Day of Race)	<u>Gender</u> (M / F)	<u>T-Shirt Size</u> (Adult S/ M/ L/ XL)	<u>Race</u> (1-Mile; 5K; Sprout Sprints)	<u>Amount</u>
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Address \_\_\_\_\_ Total \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Make checks payable and mail to: **New Providence 5K Race, 360 Elkwood Ave., New Providence, NJ 07974**  
For more information call: **908-464-4430**

**Waiver and Release:** In consideration of acceptance of this application, I assume all risks associated with running in the New Providence 5K Race, including but not limited to falls, contact with other participants, the effects of the weather including high heat and/ or humidity, traffic conditions of the road. Having read this waiver and knowing of these facts, I for myself, my heir and anyone entitled to act on my behalf, waive, release and agree not to sue the Borough of New Providence, the New Providence Recreation Commission, New Providence Downtown Improvement District Inc., their representatives, employees, members or volunteers and all sponsors provided to me with respect to any and all liability, claims, causes of action arising out of a related to any bodily injury, illness, death, or property damage I suffer in connection with the New Providence 5K Race. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I UNDERSTAND THIS WAIVER AND RELEASE IS A RELEASE OF ALL CLAIMS.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of Participant or Guardian if under 18 years of age



**PRESTIGE DINER** "YOUR FAMILY RESTAURANT"