



Saturday, November 7, 2009

Educational Testing Service (ETS), Princeton

Check-in & Race Day Registration Begins - 7:30am

5K Road Race and Walk – 10:00am

Mature Mile/One S-mile Fun Run – 10:00am

Purpose: Cardiovascular disease is the leading killer of both men and women in the U.S. The Princeton Family YMCA wants you to make your lifestyle the best defense against heart disease. Conquer the Princeton YMCA's 5K and win the race against 5 of the leading causes of heart disease: High Blood Pressure, Cholesterol, Obesity, Diabetes and Stress.

Race Proceeds: Proceeds will benefit programs and activities dedicated to the elimination of heart disease. The Princeton Family YMCA is a charitable organization dedicated to building strong kids, strong families and strong communities.

Race Course: 5K race course at Education Testing Services Center at 660 Rosedale Road, Princeton, NJ. USTAF certified, scored and timed by Baldasari-Lceestma Race Management. **Chip timing for expedited results!**

Race Time: On-site registration/check-in will run 7:30 – 9:30am. **The 5K run will begin at 10:00am to be immediately followed by walkers, One S-Mile Fun Runners and Mature Milers.**

5K Pre-Registration: Pre-registration must be received by November 5, 2009 with a \$17 entry fee which includes race T-shirt (while supplies last). Pre-registration is available online at www.Active.com or www.princetonymca.org. Entry fee for all registrations received after November 5, 2009 is \$22.

5K Race Day Registration: Entry fee is \$22. Registration runs 7:30 – 9:30am

One S-mile Fun Run/ Mature Mile Registration: Family pre-registration (up to 4) must be received before November 5, 2009 with \$30 registration fee. Individual pre-registration is \$12 and \$15 for event day registrations.

Awards: Prize money awarded to the top three males and females entered in the 5K run: First \$100, Second \$50, Third \$25. Plaques will be awarded to the top three 5K male and female winners in each age group: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Ribbons will be awarded to all participants entered. All participants will also receive a free goodie bag while supplies last!

ENTRY FORM

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Sex: Male _____ Female _____

Date of Birth: _____ Age(on day of the race) _____

Email: _____

Event: 5K Run _____ 5K Walk _____

One S-mile Fun Run _____ Mature Mile _____

T-Shirt Size: ___ Child ___ Sm ___ Med ___ Lg ___ XL

I/We can't participate in the event, but would like to contribute \$ _____ to support the Princeton Family YMCA's commitment to preventing cardiovascular disease.

Mail registration form and check made payable to:
Princeton Family YMCA
59 Paul Robeson Place
Princeton, NJ 08540

Waiver Of Liability

In consideration of your acceptance of this entry, I hereby for myself, my heirs, my executors and administrators waive any and all rights and claims for damages I may have against the Princeton Family YMCA, their respective representatives and successors, all sponsors, officials and volunteers, and will hold them harmless from any injury suffered in this event. I further state that I am in proper condition to participate in this event. I hold none of the above responsible for the loss of personal items. I will permit the use of my name and/or picture for any media promotion of the event.

Signature: _____ Date: _____

Parent/Guardian: _____ Date: _____

(if under 18 year of age please list all names of all children participating)

