

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

32nd Annual EAST BRUNSWICK ROAD RACES



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

Sunday October 18, 2009

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



New for 2009: New 10K course and new starting location for both the 5K & 10K closer to registration! Also, the 5K & 10K will be starting together at 1:05pm.

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	1:05 pm	East Brunswick 10K

REGISTRATION: Online at www.active.com or at www.raceforum.com/ebrr
By mail (app. below) Race results by www.compuscore.com

ENTRY FEES.....:

<i>Kids Pumpkin Dashes:</i>	\$2.00
<i>1-Mile Fun Run/Walk:</i>	\$10.00
-Parents do not need to pay to accompany a child in the fun run.	
5K and 10K:	
<u>Pre Registration (on-line or postmarked by 10/11/2009)</u>	
General:	\$18.00
USATF-NJ members:	\$16.00
East Brunswick Residents:	\$16.00
<u>Post Registration (after 10/11/2009 and on day of race)</u>	
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
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 Web: www.ebrr.org

5K IS A 2009 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 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.

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 _____ 2009 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

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 _____