

5th Annual KA-5K

SATURDAY, OCTOBER 17, 2009

USATF CERTIFIED COURSE: NJ8536JHP

LAST YEAR'S FASTEST TIME = 18:59

Location: Copper Springs
Beach and Tennis Club
230 New Vernon Road
Gillette, NJ 07933

Schedule: 8:00am - Registration Opens
9:00am - 5K Start
9:10am - 1 Mile Fitness Walk
9:45am - Kiddie Run

Entry Fee: \$20 before 10/12/09
\$25 late registration
\$15 fitness walk only (1Mile)
\$10 kiddie dash

Prizes: Age Group Prizes Male &
Female 14 & under; 15-19;
20-29; 30-39; 40-49; 50-59;
60 and over.



WWW.KA5K.WORDPRESS.COM

Call 908-295-7057 for details

M / F

NAME

STREET

PHONE

AGE

CITY

STATE

ZIP

EMAIL

(YOU CAN ALSO REGISTER ONLINE ON WWW.RACEFORUM.COM/KA-5K)

I know that running a road race is potentially hazardous activity, and that I should not enter unless I am medically able. I agree to abide by an race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effect of weather, including high temperatures and humidity, traffic, and conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I myself and anyone entitled to act on my behalf, waive and release Koinonia Academy and Long Hill Township, including their officers, members, volunteers, departments, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the person named in this waiver. Further, I grant to all the foregoing to use any photographs, motion picture, recordings or any other record of this event for legitimate purposes.

Signature

Signature of Guardian (if under 18)

Date

MAIL FORM TO: KA-5K, 5 Mary Street, Warren, NJ 07059

Please make checks payable to Koinonia Academy, KA is a 501c(3) non-profit organization

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