

THE 32ND ANNUAL
JACK McKEOWN MEMORIAL RAMSEY RUN/WALK

=====5,000 and 10,000 meter runs=====

===== Mayors' Wellness Campaign 1.2 mile "Fun Run/Walk" =====

Saturday, September 19, 2009

---UNDER THE AUSPICES OF THE RAMSEY RECREATION COMMISSION---
IN COOPERATION WITH THE BOROUGH OF RAMSEY, RAMSEY POLICE AND FIRE DEPARTMENTS,
THE RAMSEY AMBULANCE CORPS, THE RAMSEY RESCUE SQUAD, AND THE RAMSEY GIRL SCOUTS

STARTING POINT/TIMES: 10K (6.2 MILES) STARTS AT **8:00 A.M.**
RAMSEY MUNICIPAL POOL/EAST OAK STREET 5K (3.1 MILES) STARTS AT **9:45 A.M.**
FUN RUN/WALK (1.2 MILES) AT **11:00 AM**

REGISTRATION/FEES: Forms available at Ramsey Municipal Building, 33 North Central Avenue and online at www.ramseynj.com
\$20 pre-race fee for 5K & 10K races (must be received by Thursday, September 10, 2009)
\$25 registration fee day of race
No entry fee for Mayors' Wellness Campaign Fun Run/Walk
A portion of this year's registration fee goes to the Jack McKeown scholarship.

AGE GROUPS: M & F, 10 AND UNDER, 11-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-39, 40-49, 50-59, 60-69, 70+
(RUNS ONLY)

AWARDS: TROPHIES AWARDED TO FIRST THREE OVERALL FINISHERS AND AGE GROUP FINISHERS
(MALE & FEMALE); NO DUPLICATE TROPHIES
(RUNS ONLY) ALL 10 AND UNDER RUNNERS WILL RECEIVE PARTICIPATION AWARDS.

**T-shirts for first 300 runners,
Time splits, Post-race results, Refreshments,
Computerized timing by Compuscore Race and Scoring System**

Awards ceremonies following finish of both 10K and 5K runs

Questions? Contact John Solarino, Recreation Supervisor, at 201-825-8299.

-----ENTRY FORM-2009 RUN/WALK-----

FILL OUT FORM COMPLETELY. ALL PRE-RACE ENTRIES MUST BE RECEIVED BY THURSDAY, SEPTEMBER 10, 2009.

MAIL TO: RAMSEY RECREATION COMMISSION/RAMSEY RUN/WALK
33 NORTH CENTRAL AVENUE
RAMSEY, NJ 07446

Please Print and Complete Form:

CHECK ONE: 10K RUN 5K RUN 1.2 MILE RUN/WALK (NO FEE – T SHIRT TO FIRST 100 ENTRIES)
(Please use a separate form for each event.)

LAST NAME _____ **FIRST NAME** _____

AGE (Day of Race) _____ **SEX** _____

FEE ENCLOSED: \$20 _____ \$25 _____

STREET ADDRESS _____ **PHONE** _____

E-MAIL ADDRESS _____

TOWN _____ **STATE** _____ **ZIP CODE** _____

TRACK CLUB/SCHOOL/UNATTACHED _____

READ AND SIGN STATEMENT BELOW:

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, HEIRS, EXECUTORS, AND ADMINISTRATORS WAIVE AND RELEASE ANY CLAIMS THAT I MAY HAVE AGAINST THE RAMSEY RECREATION COMMISSION, BOROUGH OF RAMSEY, RACE SPONSORS, RACE COMMITTEE, OR THEIR REPRESENTATIVES, SUCCESSORS, OR ASSIGNEES FOR ANY INJURY THAT MAY BE SUFFERED BY ME IN THIS EVENT. I CERTIFY THAT I AM IN GOOD PHYSICAL CONDITION FOR THE 2009 RAMSEY RUN/WALK.

SIGNATURE _____ DATE _____