

**THE 33<sup>RD</sup> ANNUAL  
JACK McKEOWN MEMORIAL RAMSEY RUN/WALK**

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

=====and a 1.2 mile walk, part of the Mayors' Wellness Campaign=====

**Saturday, September 25, 2010**

---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.**  
The 1.2 mile walk will begin following the trophy presentation for the 5K.

**REGISTRATION/FEEES:** Forms available at Ramsey Municipal Building, 33 North Central Avenue and online at [www.ramseynj.com](http://www.ramseynj.com)  
\$20 pre-race fee (must be received by Thursday, September 23, 2010; **after this date, please register at the race**)  
\$25 registration fee day of race  
*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  
(RUNS ONLY) (MALE & FEMALE); NO DUPLICATE TROPHIES

**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-2010 RUN/WALK-----

**FILL OUT FORM COMPLETELY. ALL PRE-RACE ENTRIES MUST BE RECEIVED BY THURSDAY, SEPTEMBER 23, 2010.**  
CHECKS SHOULD BE MADE PAYABLE TO **RAMSEY RECREATION COMMISSION.**

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 WALK (NO FEE, T-SHIRT FOR FIRST 100 WALKERS)  
(Please use a separate form for each run.)

**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 2010 RAMSEY RUN/WALK.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_