



28th Annual

CROSS COUNTRY

Fun Runs
5K Races
5K Series

Buccleuch Park,
New Brunswick NJ

Easton Avenue near St. Peters Hospital

Tuesday Nights!



June 14
June 28
July 12
July 26

2011 Summer Series

5K and Fun Run begin at 7:00 PM
near Buccleuch Mansion.

5K is a two loop course on grass and cinder track.
Traffic control; water and food at the finish. RVRR reserves the right to limit 5K XC race entries to 180 runners total!

5K Individual Race & Series Age Groups:
M/F 13-15, 16-17, 18-24, 5 yr AGs 25-29 thru 80+
Individual 5K Race Awards: Overall M/F plus top 3 each age group each race.
5K Series Awards: Best 3 races determine Series awards for overall M/F plus top 4 in each age group (no dups). Age on 6/14/11 used for Series awards.

Fun Run open to ages 10 to 15 only—runners start with & run the first lap of the 5K race. Awards to all fun runners each race. Parents should enter their child in the Fun Run only if the child is capable of completing the event without the companionship or aid of a parent or any other runner.

FEES (In advance):	Single Race	4-Race Series
5K Ages 13-17:	___ \$ 7.00	___ \$22.00
RVRR & USATF:	___ \$ 9.00	___ \$32.00
All Others:	___ \$11.00	___ \$40.00
Fun Run (2.5K):	___ \$ 5.00	___ \$20.00

FEES (Day of Race):	Single Race
5K Ages 13-17:	___ \$10.00
All Others:	___ \$15.00
Fun Run (2.5K):	___ \$ 5.00

More Info: www.rvrr.org or call 732-254-3120 until 9PM

Name: _____
LAST FIRST

Sex: ___ M ___ F Age ___ on 6/14/2011

Email: _____

Address: _____
NUMBER AND STREET

TOWN STATE ZIP CODE

Distance Entered: ___ 2.5K Fun Run ___ 5K

USATF# (5K only): _____

Contact Phone: (____) _____-_____

If changing age groups during the series:

Enter Date of Birth ___/___/___

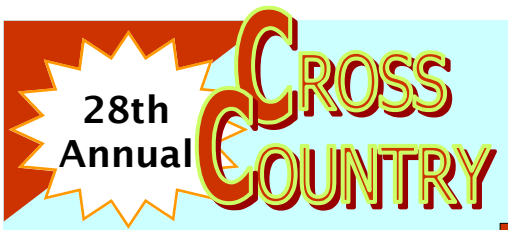
Races Entered: ___ June 14 ___ June 28
___ July 12 ___ July 26 \$ ___ Total

Please make checks payable to: RVRR Summer Series
Mail to: 75 Hardenburg Lane, East Brunswick, NJ 08816

I, the undersigned, know that running is a potentially hazardous activity. I should not enter or enter my child unless I/he/she am/is medically able and properly trained. I agree to abide by any decision of a race official relative to my/his/her ability to safely complete the race. I assume all risks associated with my or my child running in these cross country events, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the 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 my/his/her entry, I for myself or my child, and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, the race directors, all organizing committees, the City of New Brunswick, USATF, USATF-NJ, the Road Runners Club of America and all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my/his/her participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed: _____
(by participant, or guardian if participant is under 18)

Date: _____ Emergency Phone: (____) _____-_____



Youth Development Running Series

Buccleuch Park,
New Brunswick NJ
Easton Avenue near St. Peters Hospital

Tuesday Nights!
June 14
June 28
July 12
July 26



2011 Youth Series

Appropriate for all children
ages 13 and Under!

Registration open 5:15 PM—5:45 PM

5:45 PM Warm-up Stretch

Runs begins promptly at **6:00 PM**
in the following order: Quarter mile, Half-Mile,
One Mile and Lollipop Dash

Distance can be changed race day!

Amenities: Custom designed T-shirt for all pre-registered children running all four races. Pizza and water for all finishers. Children completing the lollipop race receive a lollipop at the finish line.

NOTE: These are non-competitive runs. We want all children to enjoy the event and the activity of running.

We request parents assist in providing a high level of sportsmanship and camaraderie and volunteer to help marshal the course and clean-up after the event.

No place medals will be given. There will be a clock to record your child's time yourself if interested.

FEES:	<u>Single Race</u>	<u>4-Race Series</u>
By 6/12:	___ \$ 5.00	___ \$15.00*
Day of Race:	___ \$ 7.00	___ \$20.00*

T-SHIRTS: *One shirt included in series entry; additional shirts \$10 each

More Info: www.rvrr.org

Child's Name:

LAST FIRST

Sex: ___ M ___ F **Date of Birth:** ___ / ___ / ___

Address: _____
NUMBER AND STREET

_____ TOWN _____ STATE _____ ZIP CODE

Phone: (____) ____-____

Email: _____

Races Entered:	Distance Entered:	T-Shirts:
___ June 14	___ Lollipop (50 yd)	___ Youth Med
___ June 28	___ 1/4 mile	___ Youth Large
___ July 12	___ 1/2 mile	___ Adult Med
___ July 26	___ 1 mile	___ Adult Large
\$ ___ Total Enclosed		

Please make checks payable to:
RVRR Youth Running Series
 Mail to: **76 Park Avenue, Piscataway, NJ 08854**

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Signed: _____
(by participant, or guardian if participant is under 18)

Date: _____ Emergency Phone: (____) ____-____