

Linden's 150th Anniversary 5K Race & Fun Walk

Sunday, May 8 Schedule:

Registration8:30 am
 Fun Walk9:30 am
 5K Race10:00 am

Registration:

By mail, in person at the Mayor's office or at www.compuscore.com

Fees:

5K: \$20 by 5/5 ; \$25 thereafter and on race day (\$18 and \$23 respectively for USATF-NJ members); \$15 for high school students
 Fun Walk: \$10

Scoring: www.compuscore.com

Awards: Trophies to top 3 male and female finishers, medals for 5-year age groups: 14 & under to 80 & over

Info: www.linden-nj.org
www.compuscore.com

Course Map: www.linden-nj.org

All proceeds from this event fund the Linden Cultural & Heritage Committee and Linden's 150th Anniversary events

The 5K race is USATF-NJ certified and a 500-point Grand Prix Event



Sunday, May 8, 2011

*Tiger Stadium, Linden, NJ
 West Curtis & DeWitt Streets*

LINDEN'S 150th ANNIVERSARY 5K RACE & FUN WALK – Each participant must complete this entry form

_____	_____
Last name	First name
_____	_____
Street	City, State, Zip
_____	_____
Phone number	e-mail
_____	_____
Date of birth	USATF number

Age on race day: _____ Female Male

RELEASE AND HOLD HARMLESS AGREEMENT: In consideration of the acceptance of my application to enter the "Linden's 150th Anniversary 5K Race & Fun Walk" I, my heirs, executor/trix, administrator/trix, successors and assigns do hereby forever release and hold harmless the City of Linden, its agents, servants and employees, from any and all claims for personal injuries or property damage of any type whatsoever which is in any way related to my participation in said activity. I recognize that participation in such activity may be inherently dangerous and I represent that I have been certified by a physician to be in sufficiently good health to enable me to participate in this activity without exposing me to any undue health-related dangers. In addition, in consideration of the acceptance of my application to enter the "Linden's 150th Anniversary 5K Race & Fun Walk" I hereby give my permission for the use of my name and/or photograph in any newspaper, broadcast, video, telecast, or other written or visual account of the event.

 Signature (parent/guardian if under 18) Date

Please make checks payable to:
Linden Cultural & Heritage Committee

Mail to: Mayor's Office
 Linden City Hall
 301 N. Wood Ave.
 Linden, NJ 07036

Fees: (please check box)
 5K through May 5: \$20
 5K from May 6 to race day: \$25
 USATF-NJ members: \$18 or \$23
 5K for high school students: \$15
 Fun Walk: \$10

T-Shirt Size:
 S M L XL
 Youth S Youth M Youth L

Rain or shine ◀▶ Mostly flat course through residential neighborhoods ▶▶ Water stops at one- and two-mile points ▶▶ Bathroom facilities ▶▶ T-shirt (while supplies last) post-race refreshments ▶▶ Registration limited to the first 500 entrants