



# 5 K RUN

## 2 MILE WALK / TOT TROT

### OCTOBER 16, 2011

125 YEARS...  
OUR STORY  
AND YOURS

1:00 PM Village Green (Broad and Maple Streets)  
Summit, New Jersey

## Join us as the Summit Area YMCA Celebrates our 125th Anniversary

**REGISTRATION:** To enter, fill out and sign the application below, return it with entry fee to Alice Stein, Summit YMCA, 67 Maple Street, Summit NJ 07901. Pre-registration deadline is October 10.  
Or register on line at [www.active.com](http://www.active.com); [www.raceforum.com](http://www.raceforum.com); [www.compuscore.com](http://www.compuscore.com)

**ENTRY FEES:** Pre-registration, by October 10, \$22.00. Post registration, 11:00 am to 12:30 pm on race day, \$25.00. Tot Trot Fee \$3.00. Make checks payable to Summit YMCA.

**AWARDS:** Awards will be given to 1st, 2nd, and 3rd male and female runners. 1st male and female Summit YMCA member. 1st, 2nd, 3rd, male and female in each age group: 10 and under, 11-14, 5 year age increments to age 70 plus. All Tot Trot participants receive ribbons.

**AMENITIES:** Long Sleeve T-shirts to all 5 K Run and 2 Mile Walk pre-registrants and post registrants while supplies last. Live music, snacks, beverages.

**COURSE and LOCATION:** Scenic Summit neighborhoods, rolling hills and flats. Race begins at Summit Village Green, Summit NJ. Parking available at the Broad Street Garage, Summit Avenue and Broad Street.

**RACE DAY SCHEDULE:** Post Registration 11:00 am to 12:30 pm.  
5K Race start 1:00 pm. Tot Trot start 12:30 pm. 2 mile walk start 1:15 pm.  
For more information contact, Alice Stein, Summit YMCA, 908-273-3330, x 152.  
[alice.stein@theSAY.org](mailto:alice.stein@theSAY.org) or visit [www.theSAY.org](http://www.theSAY.org)

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### Official Entry Form – Summit Y 5K, 2 mile walk, Tot Trot – October 16, 2011

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ DOB \_\_\_\_\_

Age on race day \_\_\_\_\_ Male \_\_\_ Female \_\_\_ Summit YMCA Member \_\_\_

Event: 5K Run \_\_\_ 2 Mile Walk \_\_\_ Tot Trot \_\_\_

T-Shirt: Small \_\_\_ Med \_\_\_ Large \_\_\_ Extra Large \_\_\_ Emergency Contact \_\_\_\_\_

**Waiver/ publicity release:** I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able to properly train. Having read this waiver and knowing these facts and in consideration of my entry, I for myself & anyone entitled to act on my behalf, waive and release the City of Summit, County of Union, Summit Area YMCA, all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use my photographs, motion pictures, recording or any other record of this event for any innate purposes. By signing my name below, I certify that I have read ll terms and condition of this release and do intend to be legally bound therby.

Signature \_\_\_\_\_ Parent signature if under 18 \_\_\_\_\_

Our YMCA is one of the area's largest charitable organizations. Thanks to the generosity of donors, we make financial assistance available to help pay for membership or program fees. If you need assistance, ask any staff person. If you can help us help others, donate online at [www.theSAY.org](http://www.theSAY.org)