



5K Run/Walk and  
1 Mile Run/Walk

Central New Jersey Council, BSA

October 25th, 2009

**WHY:**

To promote Scouting as a great start to a life of physical fitness

**TIME:**

Registration: starts at 11:30 am

1-Mile: 12:45 pm

5K: 1:30 pm

Awards Ceremony: 2:30 pm

**WHERE:**

Thompson Park, Forsgate Drive, Jamesburg/Monroe Twp., NJ

**AWARDS:**

**5K:** Top 3 Male and Female - \$75, \$50, \$25 (Or gift certificates if high school or college athlete)

**HOW MUCH:**

**1-mile:** \$10 (age 5 & under free – NO bag)

**5K: Pre-registration:** Adults: \$15 Youth: \$10 (18 & under)  
(postmarked by 10/16)

**Race day:** Adults:\$20 Youth: \$15 (18 & under)

**FREE Draw string backpack to the first 100 registered!**

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**Mail to: CNJC, BSA, Stride for Scouting, 2245 US Hwy 130, Suite 106, Dayton, NJ 08810**

**Questions?** Contact (609) 419-1600 x25 or Matthew.Fernandes@Scouting.org

**Registration Form**

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender (circle one): M F

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender (circle one): M F

(To register additional participants, please use the back of this form)

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Pack/Troop/Crew (if applicable) \_\_\_\_\_

# 5K Adults \_\_\_\_\_ # 5K Youth \_\_\_\_\_ # 1-Mile \_\_\_\_\_

Payment amount enclosed: \$ \_\_\_\_\_ (Checks payable to Central NJ Council, BSA)

**Waiver:** By accepting entry, I hereby waive and release all my rights and claims for damages that my heirs or I may have against the Central NJ Council, Boy Scouts of America or the Monroe Township, its officials, sponsors, or volunteers. I assume all risks for participation and certify that I have properly trained for this event and have been medically certified to be able to participate.

Signature \_\_\_\_\_ (If under 18) Parent's Signature \_\_\_\_\_