

**THE 3RD ANNUAL VFW POST 133 BENEFIT 5K RUN/WALK
TO SUPPORT VETERANS AND THEIR NEEDS
SPONSORED BY VFW POST # 133
EAST BRUNSWICK, NJ**

DATE: JULY 27, 2014

LOCATION: VFW POST 133 – VETERAN’S WAY (OFF CRANBURY RD) – EAST BRUNSWICK

COURSE: CERTIFIED; FAST, FLAT THROUGH THE TREE-LINED STREETS OF EAST BRUNSWICK

NEW THIS YEAR: KID RACE - AGES UP TO 7 YEARS OLD

\$20.00 REGISTRATION – COTTON T-SHIRTS AND MEDALS WHILE THEY LAST.

RACE DAY TIMELINE:

7:30AM – RACE DAY REGISTRATION OPENS

9:00AM – RACE BEGINS

**10:00AM – NOON – AWARDS PRESENTATION AND POST-RACE PARTY AT THE VFW
(FOOD/SODA/BEER)**

**TOP QUALITY (PERFORMANCE FABRIC) T-SHIRTS GUARANTEED TO ALL PRE-REGISTERED
RUNNERS (THEY WILL BE AVAILABLE WHILE SUPPLIES LAST FOR THOSE REGISTERING THE
DAY OF THE RACE). AWARDS: MEDALS TO TOP THREE MALE/FEMALE FINISHERS IN THE
FOLLOWING AGE CATEGORIES: 19 & UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & OVER.**

REGISTRATION DEADLINES & ENTRY FEES:

**\$25 – ON-LINE REGISTRATION ON OR BEFORE JULY 18 (RACEFORUM.COM OR
JERSEYRUNNER.COM)**

\$30 – LATE REGISTRATION (AFTER JULY 18)

Last Name _____ First Name _____

Address _____

Street

City

ST

Zip

Phone # _____ Email _____

Birth Date ___/___/___ Age (day of the race) _____

T-Shirt size : S M L XL (CIRCLE ONE) Gender: M F (CIRCLE ONE)

I realize that running a road race is a potentially dangerous activity and that I should not enter unless I am medically able and properly trained. I assume all the risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release the VFW, its officers, its members, race volunteers, race organizers and the Township of East Brunswick, their departments and employees from my or my child’s claims and liabilities of any kind arising from my or my child’s participation in this event.

Anyone under 18 must have this signed by a parent

**Please remit applications to: VFW Post 133
485 Cranbury Road
East Brunswick, NJ. 08816**

**Thanks,
Tom Coohill**