

RUN with the VIKINGS 5K and 1 Mile Fun Run



**Sunday, November 1st, 2009 – Rain or Shine
Through Beautiful and Scenic South Brunswick**

**All proceeds benefit the Viking Athletic Club and the
Student Athletes and Marching Band
of South Brunswick High School**



REGISTRATION & PACKET PICK-UP: 7:30 – 9:45 AM at South Brunswick High School (Parking available)

SCHEDULE: 1 Mile Fun Run – 9:30 AM - 5k Run - 10:00 AM, Kiddie Dash – 11:00
Walkers are welcome

FEES: 5K - \$20 if postmarked before October 25th (\$18 for USATF members)
\$25 on Race Day (no USATF discount on race day)
1 Mile - \$20, \$12 for children under 10 – Kiddie Dash - \$10

COURSE: Flat & Fast through the tree lined streets of South Brunswick
USATF certified - (2 water stops)

AMENITIES: Post-Race Refreshments, Raffles, Prizes.
Uniquely designed T-shirts (guaranteed to pre-registrants only)

AWARDS: Top male & female runners 5K & Top three 1 Mile Run
Top Finisher male & female 5K from South Brunswick
All age group categories – three deep (10 & under, 11-14, 15-19, 20-24,
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over)

FITTEST FAMILY – Awards will be presented to the 3 family members with the
lowest cumulative time. Family members can run together or separate, all that
matters is the combined time for the team

FOR MORE INFORMATION - www.rwtv5k.com
TO REGISTER ON LINE – www.raceform.com/vikings (No extra charge)
or www.active.com (no extra charge)
or call Bob Tona @ 732-940-3111 for an application

Scoring by Best Racing System – www.bestrace.com
Please detach entry form and return with check payable to Viking Athletic Club,
c/o Run with the Vikings 5K, 8 Zev Court, Monmouth Junction, NJ 08852

The 2009 Brunswick Cup www.thebrunswickcup.com

A Series of 5K's (3.1) races throughout the Brunswick area.

May 25th – North Brunswick Memorial 5K
September 6th – Jimmy D 5K-New Brunswick
October – John Ragone 5K-East Brunswick
November 1st – Run with the Vikings 5K

Trophies will be awarded to the top 3 male and female open winners as well as top 3 in the masters category based on lowest cumulative times among 3 out of the 4 races. Additionally, every runner who completes three of four races earns a commemorative glass, which will be given out at the South Brunswick event.

Last Name _____ First _____ M ___ F ___
Birthdate _____ Age _____ 5K _____ 1 Mile _____ Kiddie Dash _____ Shirt Size S M L XL
Fittest Family Challenge 1- _____ 2- _____ 3- _____
Address _____ City _____ State _____ Zip _____
Phone _____ E-Mail _____ USATF# _____

WAIVER AND RELEASE (Must be signed to participate)

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby assume full and complete responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event and I hereby release and hold harmless South Brunswick High School, Township of South Brunswick, South Brunswick Police department, Viking Athletic Club, Robert Tona, USATF and local USATF Association, corporate sponsors, and all other persons or entities associated with this event (including their employees or affiliates) from any claims I may have arising out of participation in this event, including personal injury or damage suffered by me or others, whether same be caused by negligence of any of the said parties' agents or employees, or otherwise. If I do not follow all the rules of this event I understand that I may be removed from the competition. I give my full permission to any of the said parties to use any photographs, videotapes or other recordings of me that are made during the course of this event.

Participants Signature _____ Date _____

Parent/Guardian Signature (for athletes under 18) _____ Date _____

