

Run for Yourself...Run for the Men in Your Life...Run to Help Others...Run!!

Sunday, September 25th

Rain or Shine

**LOCATION: Duke Island Park
Bridgewater, NJ (Central Jersey)**

Free T-shirt to all paid registrants.

Awards to top finishers in each age category.

**AGE GROUPS: 14 and under; 15-19; 20-29;
and ten year increments to 60 and over.**

Door prizes! Fun for the whole family!

GRAND PRIZE: Flat Screen TV!



Scenic, Flat and Fast Paved Course!



**Bridgewater Volvo
Pace Car Sponsor**

Produced by:



SCHEDULE:

8:00 am Registration

9:30 am 5K Certified Run Start

9:45 am 1 Mile Fun Walk

**10:30 am Snack, Awards Ceremony
& Door Prize Drawing**

Sponsored by

APCaP - Alliance for Prostate Cancer Prevention

Directions:

From Route 287 Southbound: Follow Route 287 South to Exit 17 (Somerville/Routes 202/206 South). When the highways split, take Route 206 South. At the second traffic light make a right turn onto Somerset Street. Follow for approximately 2 miles (road name will change to Old York Road). Duke Island Park will be on the left.

From Route 22 Westbound: Follow Route 22 to Routes 202/206 South. When the highways split take Route 206 South. At the second traffic light make a right turn onto Somerset Street. Follow for approximately 2 miles (road name will change to Old York Road). Duke Island Park will be on the left.

From 206 North: Follow Route 206 North into Somerville. Make a left turn at traffic light onto Somerset Street (Landmarks - on the right: Annie Sez; and on the left: Granetz Shopping Plaza). Continue on Somerset Street for approximately 2 miles (road name will change to Old York Road). Duke Island Park will be on the left.

For More Information Call: 908-280-2002 x712

Name:			
Address:			
City, State, Zip:			
Phone:	Age:	Sex:	
T-Shirt Size: S M L XL XXL (Circle One)			
Signature: _____			
Parent or Guardian if under 18			

ENTRY FEES:

"Early" Entry Fee - \$17

(Postmarked by September 15)

Entry Fee - \$20

NJRRCC Members Fee: \$15

Fax 609-242-5789

**Online Registration available at
www.raceforum.com**

I hereby acknowledge and understand that participation in the 5K, 25K, or 1 mile Fun Walk for the Somerset Medical Center's Steeplechase Cancer Center is a potentially dangerous activity. I recognize that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of any event official relative to my ability to safely complete the course. I assume all risks associated with my participation in the event for which I am entering, including but not limited to: falls, contact with other participants, effects of any adverse weather conditions, including but not limited to heat, cold, ice and humidity; traffic and road conditions; all such risks being known and appreciated by me. Having read and truly understood this waiver, knowing these facts and in consideration of acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release Somerset Medical Center, all sponsors, their representatives, agents, successors, and volunteers from all claims or liabilities of any kind arising from my participation in this event, even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event or my likeness for any legitimate purpose.

Please send with check payable to: "APCaP" c/o Terry Roe, 33313 Ann's Choice Way, Warminster, PA 18974



**Direct Link to Online Registration
www.RaceForum.com/RayPerkins**

