

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



DATE: JULY 28, 2024

LOCATION: EAST BRUNSWICK ARTS CENTER, CRANBURY ROAD, JUST PAST THE FAIR

GROUNDS – EAST BRUNSWICK

COURSE: CERTIFIED; FAST

RACE DAY TIMELINE:

7:30AM – RACE DAY REGISTRATION OPENS (AT THE ARTS CENTER)

9:00AM – RACE BEGINS

10:00AM – NOON – AWARDS PRESENTATION AND POST-RACE PARTY AT THE FINISH LINE

(FOOD/SODA/BEER)

TOP QUALITY T-SHIRTS GUARANTEED TO ALL PRE-REGISTERED RUNNERS (THEY WILL BE AVAILABLE WHILE SUPPLIES LAST FOR THOSE REGISTERING THE DAY OF THE RACE). RACE PACKET PICK-UP: SATURDAY 7/27, 5-7PM AT THE VFW POST 133 & RACE DAY AT THE ARTS CENTER

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 23 (COMPUSCORE.COM) \$30 – LATE REGISTRATION (AFTER JULY 23)

Last NameAddress	First Name					
	Street	;	City		ST -	Zip
Phone #			Email			
Birth Date	_//	_		Age (day of the race)		
T-Shirt size:	S M	L XL	(CIRCLE ONE)	Gender:	\mathbf{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 claims and liabilities of any kind arising from my participation in this event.

Anyone under 18 must have this signed by a parent

Please remit applications to: VFW Post 133

Thank you, Tom Coohill 485 Cranbury Road East Brunswick, NJ. 08816 Wayne Lyons Sr. Race Director wtlsrebs@yahoo.com