

4th Annual

Rock 'n' Roll Run Back to School

Monday, September 2, 2013



Music, food, and family entertainment, including fun activities for the kids

Pre-race registration strongly encouraged & must be received by mail or completed online by Aug 31st

Online registration at <https://runsignup.com/run-back-to-school> (additional processing fee of \$2 - \$2.50 based on the event)

Race day registration also available (fees will be an extra \$5 on race day)

Results posted on runsignup.com

Race Location:

St. Charles Borromeo School
2500 Branch Pike, Cinnaminson, NJ 08071

Race Day Registration:

7:30 AM - 8:30 AM

5K Run / Walk: 9:00 AM

Dash Run / Relay: 9:45 AM

1 Mile Fun Run / Walk: 10:00 AM

Post-Race Awards Ceremony: 10:30 AM

Event will be held rain or shine

All are invited to participate

Cash & prizes to Overall Winners

Prizes to Age Group Winners

Participation awards for all kids 14 and under

Bib number raffle (bib numbers randomly selected for prizes)

Award to the youngest participant in the Dash Run / Relay

Hosted by the St. Charles PTA

Proceeds directly benefit St. Charles Borromeo School

Want to volunteer, sponsor, or have questions? Contact: Angie Wojnar / (856) 303-0769 / awojnar@comcast.net

REGISTRATION FORM

Please complete the Registration Form below and return along with your check to:

St. Charles Borromeo PTA (Attention: Angie Wojnar)

7 Emerson Drive, Cinnaminson, NJ 08071

All checks payable to St. Charles Borromeo PTA

Please complete one registration form per person (one waiver must be completed for each person)

Event:

- ☐ 5K Run / Walk (fee: \$20 by Aug 31st / \$25 on race day)
- ☐ 1 Mile Fun Run / Walk (fee: \$15 by Aug 31st / \$20 on race day)
- ☐ Dash Run / Relay (fee: \$10 per person by Aug 31st / \$15 on race day)*

T-Shirt Size:

- ☐ Adult Small ☐ Youth Small
- ☐ Adult Med. ☐ Youth Medium
- ☐ Adult Large ☐ Youth Large
- ☐ Adult XL

* For the Dash Run / Relay, run the dash either by yourself (about 200m) or as part of a 2-person relay (about 100m each). We'll pair you up with a partner if you need one. Award to the youngest participant.

Name: _____

Age on Race Day: _____

Sex: ☐ Male ☐ Female

Address: _____

Phone: _____ E-Mail: _____

Signature (Parent Signature if under 18): _____

Waiver of liability: Waiver must be signed by all entrants. In consideration of the acceptance of my entry, I, for myself, my executors, administrators and assigns do hereby release St. Charles Borromeo School and Parish, all volunteers, all sponsors and organizers from all claims, demands, suits or actions whatsoever in any manner for injuries or damages I may sustain as a result of my participation. I attest I have full knowledge of the strenuous nature of this event and am medically able to participate and I am willing to assume all risks involved. I also give permission for free use of my name and picture in any broadcast, release or print media account of this event without compensation.