

# 8<sup>th</sup> Annual Browning Ross Bob Kupcha "Run for the Fields"

## 5k run and 1 mile run walk



[www.runningco.com](http://www.runningco.com)

**Race Date and Time:** 9 am Saturday October 26, 2013 *rain or shine*

**Race Site:** National Park, NJ Fire House (Grove and Hessian Streets) National Park, NJ

Fast, flat course passes through scenic Red Bank Battlefield

**REGISTRATION:** 8:00 AM **Event Start Times:** 1 mile run walk 8:45 5k 9:00 AM

**Entry Fees:** \$20.00 before October 20, \$25.00 after October 20

**Awards to 1<sup>st</sup> overall Male and Female and Age Group Awards in 5k, Dave Williams award to first GCHS finishers, Browning Ross Style Prizes, souvenir t-shirts guaranteed to first 300 registrants.**

**Results posted online after race. Great refreshments! Please no dogs in 5k, dogs ok in mile.**

**Race info:** [coachheath@comcast.net](mailto:coachheath@comcast.net) or [nova.cat.@verizon.net](mailto:nova.cat.@verizon.net)



-----Cut and return entry form below-----



Proceeds Benefit Gloucester Catholic Fields Campaign Make Checks Payable to:

**Rams Cross Country Boosters** Mail Entry to: Ross/Kupcha Run, 128 Kingston Avenue, Bellmawr, NJ 08031

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Email: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Event: 5k \_\_\_\_\_ 1mile \_\_\_\_\_

Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ (For 5K or 1 Mile entrants)

If GCHS, graduation year : \_\_\_\_\_

RELEASE: In consideration of this entry being accepted, I hereby for heirs, my executors, administrators and myself waive and release any claims against the Tomahawk Race Timers, Rams Cross Country Boosters Association, and all other race sponsors, volunteers and participants from any and all liabilities arising out of my participation in this event. I attest that I acknowledge the risk involved in participation of this event and that I am physically fit to participate in this event.

**Signature** (Parental signature if under 18:) \_\_\_\_\_ **Date:** \_\_\_\_\_