



**Register online!!**

<https://runsignup.com/summerseries>

Email: [summerseries@rvrr.org](mailto:summerseries@rvrr.org)

**Tuesday Nights!**  
**June 14 ~ June 28**  
**July 12 ~ July 26**

**Races start at 6:30 pm!**  
**Registration opens at 5:30 pm!**  
 Donaldson Park - Grove 4  
 Highland Park, NJ  
 GPS: 699 South 2nd Ave  
 Highland Park, NJ 08904

<u>FEES</u>	<u>Single Race</u>	<u>4-Race Series</u>
5K 17 & under:	___ \$15.00	___ \$45.00
RVRR & USATF-NJ:	___ \$17.00	___ \$55.00
All Others:	___ \$20.00	___ \$65.00
Fun Run (2.5K):	___ \$ 9.00	___ \$28.00
2021 Series T-Shirts:	___ \$25.00 (order by 6/14/22)	
Size (circle):	WS/WM/WL/WXL	S/M/L/XL
Race Day Fees:	<b>5K for 18 years &amp; over</b>	<b>\$21</b>
	<b>5K for 17 years &amp; under</b>	<b>\$17</b>
	<b>2.5K</b>	<b>\$10</b>

Four nights of challenging 5K cross-country races, each followed by a free picnic and awards!! What better way to spend a summer night??

**5K Individual Race & Series Awards**

Overall and master's M/F top 3, plus top M/F in each age group: 12 & under, 13-17, 18-24, and 5-year age groups 25-29 thru 80+

**2.5K Fun Run:** Awards for all runners each race. The 2.5K course is the first lap of the 5K.

If registering by mail, please make checks payable to RVRR and send to: 111 Lafayette Place, South Plainfield, NJ 07080

Name: \_\_\_\_\_  
LAST FIRST

Sex: \_\_\_ M \_\_\_ F Age \_\_\_\_\_ on 6/14/2022

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

Address: \_\_\_\_\_  
NUMBER AND STREET

TOWN STATE ZIP CODE

USATF-NJ# (5K only): \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Emergency Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Distance Entered: \_\_\_ 2.5K Fun Run \_\_\_ 5K



For additional information, also visit: <https://www.rvrr.org/races/summer-series>

I, the undersigned, know that running is a potentially hazardous activity. I should not enter or enter my child unless I/he/she am/is medically able and properly trained. I agree to abide by any decision of a race official relative to my/his/her ability to safely complete the race. I assume all risks associated with my or my child running in these cross-country events, including, but not limited to: falls; contact with other runners; the effects of the weather, including high heat and humidity; traffic; and the conditions of the course - all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my/his/her entry, I for myself or my child, and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, the race directors, all organizing committees, Middlesex County, USATF, USATF-NJ, the Road Runners Club of America and all their sponsors, representatives, and successors from all claims or liabilities of any kind arising out of my/his/her participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Sorry, but no refunds are permitted.

Signed: \_\_\_\_\_  
(by participant, or guardian if participant is under 18)

38th  
Year

# 2022 Youth Series

## Donaldson Park - Grove 4 Highland Park, NJ

GPS: 699 South 2nd Ave  
Highland Park, NJ 08904

### Tuesday Nights!

June 14 ~ June 28

July 12 ~ July 26

Appropriate for all children  
ages 12 and under!

Registration open 5:00 PM - 5:25 PM!

Races begin promptly at 5:30 PM

and go in the following order: Quarter-Mile,  
Half-Mile, One Mile, and Lollipop Dash.

*Run one or all, distance can be changed on race day!*

Series registration: [https://runsignup.com/  
summerseries](https://runsignup.com/summerseries)



**Amenities:** Pizza and snacks for all participants.

Lollipops for all lollipop racers.

**NOTES:** These are non-competitive runs.

We want all children to enjoy the events and the  
activity of running.

We request parents' assistance in providing a high  
level of sportsmanship and camaraderie.

Please volunteer to help marshal the course and  
clean up after the event.

No place medals will be given. Volunteers will call  
out finish times.

#### Single Race

\_\_\_ \$5.00

#### 4-Race Series

\_\_\_ \$15.00

#### Races Entered:

\_\_\_ June 14

\_\_\_ June 28

\_\_\_ July 12

\_\_\_ July 26

**Participants may run as many of the individual  
races as they would like. We start with a 1/4 mile,  
then 1/2 mile, and 1 mile with short breaks in  
between. The grand finale is the popular lollipop  
dash.**

\$ \_\_\_\_\_ Total Enclosed

Child's Name:

LAST \_\_\_\_\_ FIRST \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_  
NUMBER AND STREET

TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_

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

Please make checks payable to: **RVRR**

Mail to: **PO Box 4784, Highland Park, NJ 08904**

I, the undersigned, know that running is a potentially hazardous activity. I should not enter or enter my child unless I/they am/are medically able and properly trained. I agree to abide by any decision of a race official relative to my/their ability to safely complete the race. I assume all risks associated with my or my child running in these cross country events, including but not limited to: falls; contact with other runners; the effects of the weather, including high heat and humidity; traffic; and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my/their entry, I for myself or my child, and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, the race directors, all organizing committees, Middlesex County, USATF, USATF-NJ, the Road Runners Club of America and all their sponsors, representatives, and successors from all claims or liabilities of any kind arising out of my/their participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Sorry, but no refunds are permitted.

Signed: \_\_\_\_\_  
(by participant, or guardian if participant is under 18)

Date: \_\_\_\_\_

Emergency Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_