

# Family & Community Services of Somerset County's

## "Don't Fall, Let's Run!"

### 5K Run/Walk & Kid Sprint

#### Saturday, October 24th, 2015

Rain or Shine

### 9:00 Walkers/Runners & 10:00 Kid Sprint

Somerset County's Park Commission's

#### Duke Island Park, Bridgewater, NJ

Paved, wooded trails along the Raritan River



**Entry Fee:** 5K runners/walkers: \$25 & USATF-NJ members \$22 by 10/10/15  
5 K runners/walkers: \$30 & USATF-NJ members \$27 after 10/10/15  
Kid Sprinters: \$10 by 10/10/15 or \$15 after 10/10/15

**Registration:** <https://runsignup.com/Race/NJ/Bridgewater/FamilyServicesDontFallLetsRun5k>

**Or mail form and make checks payable to:**

Family & Community Services of Somerset  
339 West Second Street  
Bound Brook, NJ 08805

**Race Day Registration & Packet Pick Up:** Starting at 8:00 am

**Awards:** Awards Ceremony approx. 10:30 am  
Top 3 M/F Overall  
Top 3 M/F in Standard Age Groups

**Age Groups:** 19 & Under, 20 to 29, to 80 & Over in 10 Year Increments

All Proceeds from this race benefits **Family & Community Services of Somerset County.**

FCS is a nonprofit agency that offers mental health, addictions, and other community based services to all. Please visit our website

[www.fcssomerset.org](http://www.fcssomerset.org).

Please complete all required information.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip code \_\_\_\_\_

Email \_\_\_\_\_

Phone# \_\_\_\_\_

Emergency Contact Name & Phone# \_\_\_\_\_

Waiver: I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waiver and release any and all rights and claims I may have against Family and Community Services of Somerset County, the county of Somerset, and all sponsors, and other persons or organizations connected with the above named event, and their respective agents, employees, officers, volunteers, representatives, successors, and assignees for any and all injuries that may be suffered by me in connection with this event. Further, I hereby certify that I am physically able to participate in this event and hereby grant the right to publish my name in the news media and use my likeness in any photographic record for the Family and Community Services of Somerset County "Don't Fall, Let's Run" 5K run, 1 Mile walk, and Kids Sprint. Rain or Shine, no refunds.

Sex      Date of Birth      Age on Race Day

\*Complimentary Wicking T-shirts to Pre-Registrants

(While Supplies Last)

Choose Size:

S    M    L    XL

(please circle one)

Signature of parent or guardian if under 18

Office Use Only

BIB#: \_\_\_\_\_

2015 USATF-NJ Membership # \_\_\_\_\_