

11th Annual Run for Rachel

Raising Awareness About Domestic Violence

2011



5k Run
3k Walk
Kids' Run for Rachel

Sunday, May 22, 2011

Memorial Oval, Livingston

EVENTS: 5K Run • 3K Walk • Kids' Run (ages 2-11, 25-200 yards)
LOCATION: Memorial Oval, Livingston, NJ
SCHEDULE: Day of Registration/Package Pick-ups: 7:45 am - 9:15 am (Kids' Run until 10:15 am)
 Start times: 5k Run - 9:30 am • 3k Walk - 9:40 am
 Kids' Run - 10:30 am

REGISTRATION: By mail until May 15, 2011 or online at www.raceforum.com/rachel
 \$20 - USATF members: by May 15
 \$22 - 5k & 3k Walk - Pre-registration by May 15
 \$25 - After May 15 and on race day
 \$7 - Kids' Run

COURSE: 5k • USATF certified, out & back, flat & rolling, residential Mile clocks • Water stops • USATF NBGP 700 point event
 Race direction by On Your Mark Productions (www.OYMP.net)
ChronoTrack D-Tag scoring by compuscore.com

PRIZE MONEY: Women (for USATF-NJ members only): 1st - \$300; 2nd - \$250; 3rd - \$200; 4th - \$150; 5th - \$125; 6th - \$100; 7th - \$75

AWARDS: Top three overall & age groups, male & female
 Top Livingston residents, male & female

SPECIAL PRIZE Flat Screen TV to Adult or Child who raises the most pledge money

5K AGE GROUPS: 14 & Under to 85 & Over in 5 year increments

AMENITIES

- T-Shirts guaranteed to all pre-registrants
- RACE BAG - **PRE REGISTRANTS ONLY** - REGISTER EARLY!!
- RANDOM PRIZE DRAWINGS

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-MAIL: _____ '11 USATF#: _____

SEX (Circle one): Male Female Age (on race day): _____ Date of Birth: _____

EVENT ENTERED (Check one only): 5K _____ 3K Walk (all ages) _____ Kids' Run (ages 2-11) _____

Are you part of a pledge team? _____ Team Name _____

Check and circle whichever applies:

_____ \$20.00 USATF member by May 15, 2011 - T-shirt	S	M	L	XL
_____ \$22.00 Pre-registration by May 15, 2011 - T-shirt	S	M	L	XL
_____ \$25.00 After May 15, 2011 and on race day	S	M	L	XL
_____ \$7.00 Kids' Run for Rachel (NO RACE BAG)	Youth S	Youth M	Youth L	
_____ \$ Enclosed is an additional donation.				

Checks Payable to "Rachel Coalition"

Mail to: Run for Rachel, Rachel Coalition, 256 Columbia Turnpike, Florham Park, NJ 07932

Payment enclosed \$ _____ MC VISA Amex

Card# _____ Exp. Date _____ Security Code: _____

FOR ADDITIONAL INFORMATION CONTACT RUN FOR RACHEL AT (973) 765-9050 ext. 1744 or visit www.rachelcoalition.org

WAIVER/RELEASE

In consideration of this entry being accepted, I hereby waive any claims against Rachel Coalition, the Township of Livingston, the Board of Education, LMCA, On Your Mark Productions, their staff, officers, volunteers, successors, and assignors for injuries that may be suffered by me in this event. Further, confirm that I am physically able to participate in this event and grant the right to use my likeness in any photographic record of the Run for Rachel.

Signed _____ Date _____

Parent/Guardian signature if participant is under 18 years of age.

Downloaded from Metro Race Forum Online Registration www.RaceForum.com/Rachel



Women's Open 5K Championship

Direct Link to Online Registration www.RaceForum.com/Rachel

