

26th Annual

CROSS COUNTRY

# Summer Series 2009

Hosted by **RVRR**

June 9~June 23~July 7~July 21  
Tuesdays @ 7:00 PM

**Bucleuch Park, New Brunswick NJ**

Easton Avenue across from St. Peters Hospital, Home of the Rutgers Lady Knights XC Team!

The races begin at the south-center of the Park near Bucleuch Mansion. Two loops of 2.5K each; one hill each loop. Traffic control; water at the finish; awards presented within thirty minutes. Pizza and hotdogs for all finishers!

**Raritan Valley Road Runners / City of New Brunswick**

## 5K Race:

Age Groups: 13-15, 16-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
Overall male/female plus top 3 each age group win an award each race. Top overall male/female plus top 4 each age group (no duplicates) win awards for the Series, based on total of best three individual race times. Age on June 24, 2008 used to calculate Series awards, regardless of which races run.

## 5K Teams:

**Open M/F ~ Masters ~ High School (by County)**  
Teams of 7 runners per race. Top 5 score based on overall place. Runners may compete for only one team during the Series. Teams score 5-4-3-2-1 points toward series championship for 1st through 5th place in each division each race. All 4 races score.

## Junior Run:

Open to runners **age 10 to 15 only**. Held in conjunction with the **first lap** of the 5K race. (Total distance is 2.5K) Awards to 1st through 5th place Boy & Girl each race. Parents should enter their child only if the child is capable of completing the event without the aid or companionship of the parent or other runner.

**for more info, visit: [www.rvrr.org](http://www.rvrr.org) or call 732-254-3120 until 9PM**

Please make check payable and mail to: **RVRR Summer Series, 75 Hardenburg Lane, East Brunswick, NJ 08816**

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
LAST FIRST AREA NUMBER

Address: \_\_\_\_\_  
STREET TOWN STATE ZIP

Sex:  M  F Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ on 6/9/09 Total Enclosed: \$ \_\_\_\_\_  
MONTH DAY YEAR

Races:  
 June 9  
 June 23  
 July 7  
 July 21

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with 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 entry, I for myself and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, the race directors, all organizing committees, the City of New Brunswick, 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 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.

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

Pre-Registration	Age 13-17	Age 18+
<input type="checkbox"/> 5K Single Race	\$5.00	\$8.00
<input type="checkbox"/> 5K Series (4 races)	\$20.00	\$30.00
Post-Registration & Race Day		
<input type="checkbox"/> 5K Single Race	\$7.00	\$10.00
<input type="checkbox"/> 5K Series (4 races)	\$22.00	\$34.00
2.5K Junior Run		
<input type="checkbox"/> Single Race	\$5.00 each race	
2.5K Series PRE REGISTRATION ONLY		
<input type="checkbox"/> Series (4 races)	\$20.00	