



7th Annual Race4Freedom

God Country School

5K RUN

ICS

Immaculata HIGH SCHOOL

A Blue Ribbon School of Excellence since 1998

Saturday, June 26, 2010 – Rain or shine

To Benefit Immaculate Conception School & Immaculata High School Need-Based Tuition Assistance

Place: Immaculata High School, 240 Mountain Avenue, Somerville, NJ

PARKING: Limited on-site parking and local side streets

Registration: By mail until June 18, 2010; Online via race website until June 23, 2010;
Race Day 7:00am – 8:15am

Race: 8:30 AM 5K Race through the historic town of Somerville
8:45AM 2-Mile Walk

Sponsorship: Individual & Corporate sponsorship forms available at www.ihsrace4freedom.org

Awards: Overall Male & Female (3&3) Overall Alumni Male & Female (3&3)
Top 3 Male/Female in the following age groups:
10 and under, 11 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44,
45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74, 75+
Alumni class spirit & individual sponsorship
No duplicate awards / Scoring by Compuscore.com

Entry Fees: 5K - \$20 received by June 18, 2010 - (\$18 USATF-NJ Members)
\$25 after June 18, 2010
2-Mile Walk: \$15

T-Shirts: Guaranteed T-shirts if registration is received by June 11, 2010
T-shirts available on race day while supplies last

More Info: Email: race4freedom@hotmail.com or call 908-722-0200, ext. 222



Please clip and send completed registration form and fee with a
check made payable to: 7th Annual Race4Freedom

Mail to: 7th Annual Race4Freedom, 240 Mountain Avenue, Somerville, NJ 08876

NAME: _____ **PHONE:** _____
ADDRESS: _____
E-MAIL ADDRESS: _____
DOB: _____ **AGE:** _____ **Event (circle one)** 5K Race 2-Mile Walk
Male Female (please circle one) **T-Shirt Size:** S M L XL XXL (please circle one)
AMOUNT ENCLOSED: \$ _____ **IHS Alumni:** Y N **Year Graduated:** _____
USATF-NJ # _____ **Please place my name as a participant on Alumni Website:** Y N

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, I waive and release all claims and rights that I, my heirs, executors, and administrators might have against Immaculate Conception School, Immaculata High School, any race sponsors or sanctioning body in the event of any injury suffered by me in the 7th Annual Race4Freedom 5K Run.

Signature: _____ **Date:** _____

Parent Signature (if under 18): _____ **Date:** _____