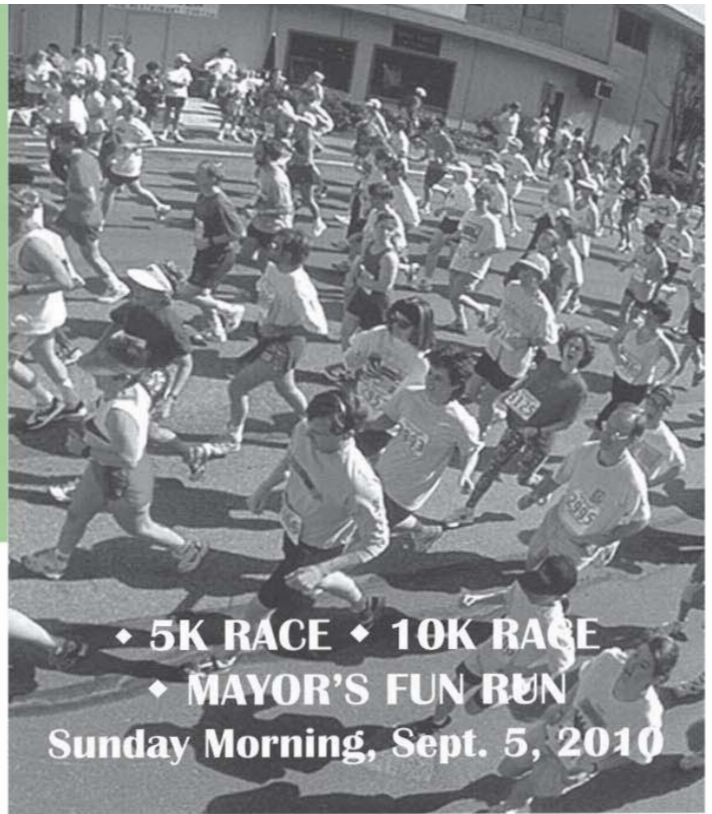


15th Annual Woodbridge CROSSROADS of NEW JERSEY



◆ 5K RACE ◆ 10K RACE
◆ MAYOR'S FUN RUN
Sunday Morning, Sept. 5, 2010

TO REGISTER:

Mail this form and a check payable to "Mayor's Council on Physical Fitness & Sports" (M.C.P.F. & S.)
To: Race Director, Runners High, 454 Main St., Metuchen NJ 08840



FEES: 10K & 5K \$15.00* pre-registered (postmark by 8/29/10 *\$2.00 off for USATF-NJ members (must provide number on entry). \$20.00 on day of race for all runners.

Fun Run/Healthwalk Race Fee is \$10.00 with T-shirt.

Lollipop Race Fee is \$2.00

Register Online at: www.raceforum.com/crossroads

ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone # () _____

Date of Birth _____ Age on 9/5/10 _____

USATF-NJ# _____

Male _____ Female _____ T-Shirt Size S _____ M _____ L _____ XL _____

Race Entered: 10K _____ 5K _____ Fun Run _____

Lollipop _____

In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators and assignees, hereby release myself and discharge The Woodbridge Council on Physical Fitness & Sports, The Club at Woodbridge, the Crossroads of New Jersey Race Committee, the race sponsors, the Township of Woodbridge and its employees, officials and volunteers, USA Track & Field and all other sponsors or beneficiaries and their representatives, successors and assignees for all claims for damages and causes of action arising from or out of my participation in the "Woodbridge-Crossroads of New Jersey" Races. I attest that I am physically fit and that my condition has been verified by a physician. I am aware that the medical support for this event will be volunteer medical personnel who will be prepared to administer First Aid assistance only. I hereby grant permission to The Woodbridge Council on Physical Fitness & Sports and any other sponsors of this event to use all information submitted in this application and any record of this race containing my likeness, as well as race results including my name and competition time, for any purpose whatsoever, including but not limited to pre-race publicity. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature _____

(Parent's signature if under age 18)

AMOUNT ENCLOSED \$ _____

THIS ENTRY FORM MAY BE DUPLICATED.

Sunday, September 5th, 2010

7:00 am All Registrations open
9:00 am 5K & 10K Race starts
10:30 am One Mile Fun Run/Healthwalk
10:45 am Lollipop Races start

Race course is USATF certified

**Race starts and finishes
at Woodbridge Town Hall**

Directions: www.twp.woodbridge.nj.us/directions.html

- ◆ Water will be available at the start/finish and along the route
- ◆ Race will take place rain or shine
- ◆ T-Shirts will be guaranteed to all 10K, 5K, Fun Run pre-registered runners (postmarked by 8/29/10) and late entries while supplies lasts.
- ◆ Refreshments will be available to all runners.
- ◆ Results will be mailed by Compu Score.
- ◆ For information, please contact: Runners High, 454 Main St., Metuchen, NJ (732) 549-9440
Email: runnershigh454@aol.com

TOWNSHIP OF WOODBRIDGE
ONE MAIN STREET
WOODBRIDGE, N.J. 07095



REGISTER
IN PERSON
at
"Runners High"
454 Main St.,
Metuchen
(732) 549-9440
Ask for Rob

Lollipop Races

Sponsored by
**WOODBRIDGE
CENTER**

Children up to age 10 are invited to run in one of many lollipop races in their respective age groups. All participants are winners and receive lollipop prizes as parents and friends await runners at the finish line. Medals and lollipops to all finishers.