Dumont Delivers
Dumont Day 5K Run

Saturday September 11, 2010
Dumont High School, Dumont, NJ

5K Run and 1 1/2 Mile Walk
1/2 Kid's Sprint to the Finish (ages 5-10)
1 1/2 Mile Kids Run (ages 12 and under)

Proceeds to benefit: Dumont Care Fund

Ribbons to 1st 100 walkers † Medals to 1st 5K finishers † Medals to 1st 75 Kid Runners
Medals to 1st 75 Kid Sprinters † Random giveaways † T-Shirts † Age Group Trophies

Entry Fees prior to August 1st:
- 5K Run: $20 (Students & Srs. 60+ $15)
- 1 1/2 mile walk: $15
- Kids sprint to the finish: $10. (10 yrs & under)
- Kids 1 1/2 mile run: $10. (14 yrs & under)

Awards:
- 1st, 2nd and 3rd place trophies and prizes for top runners in each group
- Plaque awarded for top 3 Dumont Runners

Course (subject to change):
- Flat and fast with few hills
- Strollers and baby joggers welcome in 1 1/2 mile walk
- No skates, bikes, roller blades or pets
- Course is certified by USA Track and Field

Entry Fees After August 1st:
- 5K Run: $25 (Students & Srs. $20)
- 1 1/2 mile walk: $20
- Kids sprint to the finish: $15
- Kids 1 1/2 mile run: $15

Amenities:
- T-shirts and gift bags to pre-registrants and on race day while supplies last
- Athletic trainer and ambulance on site

For more information contact:
- Allen Dickon: 201-376-3187
- Harry Stylianou: 201-916-2323

Check-in date of run at High School.....7:00-8:45 a.m.
- **1/2 Mile Kids Spring (ages 5-10).....8:00 a.m.**
- **1 1/2 Mile Run (12 and under).....8:30 a.m.**
- **1 1/2 Mile Walk.....8:30 a.m.**
- **5K Run.....9:10 a.m.**

Make all checks payable to: Dumont Day 5K Run
Mail to Ellen Zamechansky, 77 Randolph Ave. Dumont, NJ, 07628 Early Bird if Postmarked by 8/1/10

Official Entry Form for the Dumont Run for Fun
*5K Run *1/2 Mile Walk *Kids Sprint to the finish *Kids Run
Last Name_____ First Name _____ Phone (___)_____
Street Address
City_____State_____Zip_____Email_____
Date of Birth __/__/__ Age on Race Day _____ Sex: M__ F__ T-Shirts: S__M__L__XL__

Please read carefully and sign Release and Waiver of Liability: "I know that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event include but not limited to falls, contact with other participants, the effect of weather, the 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 your accepting entry, I, myself and anyone entitled to act on my behalf, waive and release the Borough of Dumont, Dumont Vol. Ambulance Corp., Dumont Bd Of Ed., Successors of Assignees for injuries suffering by me in this event."

Signature (if over 18) _____Date __/__/__
Parent of Guardian Signature (if under 18)_____