

DASH FOR DUCHENNE



5K & 1 MILE FUN RUN/WALK

BENEFITING
Ryan's Quest
To Fight Duchenne Muscular Dystrophy



Sunday, April 11th, 2010

- Location:** Mercer County Park
West Windsor, NJ
- Registration:** 7:30—9 a.m. at Marina
- Race Start:** 9:00 a.m.—Walk/Fun Run
9:30 a.m.—5K
- 5K Entry Fee:** \$20—Postmarked by 4/2
\$2 USATF discount (Postmarked 4/2)
\$25—Race Day
- Fun Run/Walk Entry Fee:** \$20—Postmarked by 4/2
\$25—Race Day
\$10— Children (12 and under)
FREE for Children 4 and under

Make checks payable to and mail entries to:

Ryan's Quest
P.O. Box 2544
Hamilton NJ 08690

Honary Race Chairman
Senator Bill Baroni



Rain or Shine!
All fees non-refundable

Directions to Mercer County Park

From US Route 1 cross Toll Bridge into New Jersey on US Route 1. Take first right past Quakerbridge Mall onto Quakerbridge Road. Travel almost 2 1/2 miles and turn left onto Hughes Drive. Proceed on Hughes Drive for 1/2 mile to entrance of Mercer County Park on the left.

From NJ Turnpike take Turnpike South to Exit 8 at Hightstown. Follow Route 33 West and turn right on 571. Travel on 571 for 2 1/2 miles to Route 535 and proceed 4 miles to entrance of Mercer County Park on the right.

Age Groups: Male and Female

13 and Under	40—49
14—18	50—59
19—29	60—69
30—39	70 plus

Or register online at www.active.com or www.practicehard.com

- Flat and Fast Course at scenic Mercer County Park
- Awards to top Male, Female, and Top 3 in each age group
- Custom Long-Sleeve Shirts to all **Adult** 5K/Walk Pre-Entries (Race Day while supplies last)
- **Ryan's Quest Hope Bracelets** for all children 12 and under participating in Fun Run/Walk
- For more info, go to www.ryansquest.org
- Race Timed by—Elite Racing Systems

Online registration powered by:



Last Name: _____ First: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Gender: (circle one) M F Birth Date: _____ Age on Race Day _____

T-Shirt Size (circle one) S M L XL Circle Race Choice: 5K Fun Run/Walk

Optional Donation to Ryan's Quest \$ _____ 2010 USATF # _____

Waiver/Release:

I hereby acknowledge and understand that participation in the Ryan's Quest Dash for Duchenne 5K is a potentially dangerous activity. I recognize that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of any event official relative to my ability to safely complete the course. I assume all risks associated with my participation in the event for which I am entering, including but not limited to: falls; contact with other participants; effects of any adverse weather conditions, including but not limited to heat, cold, ice and humidity; traffic and road conditions. All of the above risks being known and appreciated by me. Having read and fully understood this waiver, knowing these facts and in consideration of acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release, Ryan's Quest, County of Mercer, Mercer County Park Commission, USATF officials, all sponsors, their representatives, agents, successors and volunteers from all claims or liabilities of any kind arising from my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event or my likeness for any legitimate purpose.

Participant Signature

Date

Parent/Guardian if under 18

