

5th Annual Browning Ross Bob Kupcha 5K RUN,
1 MILE WALK, and KIDS FUN RUN



Race Date: Saturday October 17, 2009 Rain or shine.

Race Site: Hessian Avenue and Grove Avenue, National Park, NJ

Note: New flat, fast course through scenic Red Bank Battlefield

REGISTRATION: 8:00 AM Event Start Times: Kids run, 8:45 1 mile, 5k 9:00 AM

REGISTRATION: \$15.00 PRE-RACE before Oct 11, \$20.00 RACE DAY

KIDS RUN FREE MUST REGISTER

Age Group Awards, Browning Ross Style Prizes, Long Sleeve T-Shirts Guaranteed to first 125 registrants, Post Race Spread

Race info: coachheath@comcast.net or nova.cat@verizon.net

Race Sponsorships available: ewardur@yahoo.com or tramsay@snip.net

Awards to: 1ST overall MALE AND FEMALE; Top Age Groups finishers

Special Awards: **All children free in fun run** (register below).

Browning Ross style random Prize drawing. Great refreshments! Results posted after race.



-----Cut and return entry form below-----



Make Checks Payable to: **Rams Cross Country Boosters**

Mail Entry to: Ross/Kupcha Run, 128 Kingston Avenue, Bellmawr, NJ 08031

Last Name: _____ First Name: _____

Street _____ City _____

State _____ ZIP _____ Phone: _____

Age: _____ Email: _____

Male: _____ Female: _____ Event: 5k _____ 1mile _____ kids run _____

Shirt Size: S _____ M _____ L _____ XL _____ (For 5K or 1Mile entrants)

Sponsor Name if Race Donor _____

If GCHS, graduation year : _____

RELEASE: In consideration of this entry being accepted, I hereby for heirs, my executors, administrators and myself waive and release any claims against the AKTS Timing, Rams Cross Country Boosters Association, and all other race sponsors and participants from any and all liabilities arising out of my participation in this event. I attest that I acknowledge the risk involved in participation of this event and that I am physically fit to participate in this event.

Signature (Parental signature if under 18:) _____ Date: _____