

D & R CANAL WATCH

Sixteenth Annual 5K FUN RUN

Third Annual 1-Mile Walk

To benefit the D & R Canal State Park

Date: Saturday, March 31, 2007
Place: Washington Crossing State Park, Titusville, NJ
Times: 5K Fun Run: 10:00 a.m. 1 Mile Walk: 9:30 a.m.
Run tags and same day registration: 8:45-9:45 a.m. Please arrive on time.

NOTE NEW PARKING RULES BELOW!

Course: Titusville, NJ. Start and finish at Washington Crossing State Park between River Drive and Route 29, north of bridge to PA. Loop through scenic Titusville village on River Drive and back along the historic Delaware & Raritan Canal towpath.

Event sanctioned by NJ-USA Track & Field.

Timing: Baldassari and Leetsma Timing Systems

Awards: **5K Race:** Prizes to top male and female overall finishers.
Prizes to first, second, and third male and female finishers in six age groups:
Under 20, 20-29, 30-39, 40-49, 50-59, 60+
Race results will be posted on www.canalwatch.org
1-mile walk: Special commemorative ribbon to all finishers

Amenities: T-shirts to all pre-registrants and to same-day registrants while supply lasts
Orange juice, water, and bagels at finish line

Entry fees: Pre-registration (by 3/26/07): **5K Race:** \$17 **1 Mile Walk:** \$10
Registration on race day: **5K Race:** \$20 **1 Mile Walk:** \$15

Make checks payable to **D & R Canal Watch**

Mail check with entry form to: **Fun Run, P.O. Box 2, Rocky Hill, NJ 08553**

Note: runners may register online at www.active.com

Questions: Info and downloadable entry form: www.canalwatch.org or call 609 777-9379

DIRECTIONS & PARKING: Rte 546 to Washington Crossing State Park main entrance; follow signs to parking lot and pedestrian bridge over Route 29 (see map). Parking in lower section of the Park is restricted to designated spaces and will be strictly enforced. You are advised to avoid any hassle and head directly to the Park's main entrance.

No parking on grass or streets.

REGISTRATION AND START: In lower section of Washington Crossing State Park between Rte 29 and the river at Route 546 (to Delaware River bridge), in Titusville, NJ; park as above and use pedestrian bridge over Route 29.

.- ✂ ----- Entry form ---- No Refunds -----

16th Annual D & R Canal Watch 5K Fun Run and 3rd Annual 1-Mile Walk

PLEASE PRINT! NEATLY AND CAREFULLY!

Last Name _____ First Name _____

Mailing address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Event (circle one) **5K Race: \$17 (\$20 day of race)** **1 Mile Walk: \$10 (\$15 day of race)**

Sex (circle one): M F Age _____ T-shirt size (circle one): S M L XL

Waiver of liability

I, the below signed, waive all claims for myself, my heirs, and assigns against the race officials, D&R Canal Watch, Township of Hopewell, D& R Canal State Park, Washington Crossing State Park, and all volunteers, sponsors, coordinating groups, and promoters for injury or illness that may result from my participation. I further state that I am in proper physical condition to compete in this race. I acknowledge that I have fully read and understand this official entry form; I understand my own liability and accept the restriction described herein. Further, I agree to permit use of my name and picture in any broadcast, telecast, or print media account of this event.

X _____

Signature of Participant or Parent/Guardian (if under age 18)

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