

**6th Annual Browning Ross Bob Kupcha 5K RUN,  
1 MILE WALK/ FUN RUN**



**Race Date: Saturday May 14, 2011 rain or shine.**

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

**Note: Fast, flat course passes through scenic Red Bank Battlefield.**

**REGISTRATION: 8:00 AM Event Start Times: 1 mile 8:45 5k 9:00 AM**

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

Age Group Awards in 5k, Browning Ross Style Prizes, T-Shirts Guaranteed to first 100 registrants.

Race info and sponsorship info: [coachheath@comcast.net](mailto:coachheath@comcast.net) or [nova.cat@verizon.net](mailto:nova.cat@verizon.net)

Awards to: 1<sup>ST</sup> overall Male and Female and top age groups finishers.

Special Awards: **Dave Williams award to first GCHS finishers Male and Female**

Browning Ross style random Prize drawing. Great refreshments! Results posted online 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 Race Timers, Rams Cross Country Boosters Association, and all other race sponsors, volunteers 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: \_\_\_\_\_