

# The Flying Pig 5K



**August 7, 2019**

**Rosedale Park, Pennington NJ**

**Send your entry now for the 23rd Flying Pig 5K Cross Country Run  
Benefits the Philip R. Wood Scholarship Fund and Back On My Feet**

**Register at [www.raceforum.com/FlyingPig](http://www.raceforum.com/FlyingPig)**

**Starting times:**

- 5:30 PM – registration and number pick-up begins!
- Piglet races ages 2-8, NO COST
- 7:00 PM – 5K Run starts!

**\*Timing: Baldassari and Leetsma Timing Systems**

- Prizes awarded to top male and female finishers in each age group at 10 year increments
- T-shirts given to all early registration entrants... while supplies last for late registration entrants!
- Entire course on unpaved fields, trails, and gravel!

**Directions: take 95 to Exit 4 (Pennington) onto Rt.31 N. Follow 1 mile. At circle, continue straight. At light, make a right onto Delaware Ave. At fork, continue straight. (W. Delaware becomes Federal City). Follow 1.5 miles until park entrance is on the left. For more info call: Rick Ritter (609) 218-1091**

Name: \_\_\_\_\_

Sex: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

T-shirt Size (Adult): S M L XL

Phone \_\_\_\_\_

Signature: \_\_\_\_\_ Signature of Parent or Guardian if under 18: \_\_\_\_\_

**EARLY REGISTRATION ENTRIES MUST BE POSTMARKED BY JULY 27<sup>TH</sup>**

**Make checks payable to: "The Pennington School" - \$25.00 early, \$30.00 late**

**Mail check and entry to: "The Flying Pig 5K" The Pennington School, 112 West Delaware Ave., Pennington, NJ 08534**

I know that participating in the "Flying Pig 5K Cross Country Run" is a potentially dangerous activity. I should not enter or participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the 5K. I assume all risks associated in the 5K including but not limited to: falls, contact with other participants, the effects of the weather, including extreme cold, and/or humidity, traffic and condition of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the Pennington School Track and Cross Country Programs, The Pennington School Athletic Dept., The Mercer County Park Commission, and their respective agencies, employers, and directors, trustees, representatives, agents, and all sponsors, their representatives and successors, from all claims and liabilities of any kind arising out of my participation in the 5K even though that liability may 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 recording or photographs of any type of the 5K for legitimate purposes.