



# Somerset Valley YMCA HILLSBOROUGH HOP 9TH ANNUAL 5K RUN & WALK

Saturday, May 30, 2009 - 9:00 am  
Hillsborough Family YMCA

19 East Mountain Road • Hillsborough, NJ 08844

## Parking and Directions

From 206 South, make a right on Amwell Road in Hillsborough (left from 206 North). Continue on Amwell Road to 3rd traffic light at Beekman Lane. Make right onto Beekman. Make 1st left onto South Branch Road. YMCA is half -mile down on your left. Parking at the Y is limited. Please carpool if possible! Overflow parking is available at the Municipal Complex. Please arrive early and obey instructions of traffic marshals.

## Course Description

USATF sanctioned and certified (point-to-point) course (NJ01017GAN) beginning at the Hillsborough Branch and ending at the Municipal Complex. Fast, flat course (not closed to traffic). Water stop available along the race and at finish. Half mile walk back to the Y for awards ceremony. The course and Y are ADA accessible. Course description available at: [www.ymcasomersetvalley.org](http://www.ymcasomersetvalley.org).

## Awards

5K: Top 3 overall male and female  
1st male/female SVYMCA member and employee.

Top 3 female and male finishers in the following age categories: 8 & Under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65 & over 65.

**Special Category:** Mom and Son; Mom and Daughter; Dad and Son, Dad and Daughter. **Note: If you would like to compete in the parent/child category, you must pre-register at [www.RaceForum.com/Hop](http://www.RaceForum.com/Hop).**

## Contact Information

(908) 369-0490  
email: [andreathorne@verizon.net](mailto:andreathorne@verizon.net)  
website: [www.ymcasomersetvalley.org](http://www.ymcasomersetvalley.org)

## Miscellaneous Information

Computer scoring by Compuscore - [www.compuscore.com](http://www.compuscore.com). Babysitting available at the Y. All proceeds from the race will benefit our financial assistance program.

# ENTRY FORM (one per person)

USATF-NJ# \_\_\_\_\_  
Select one:  Adult (ages 15 and up)  
 Youth (6-14 years of age)

**Note: If you would like to compete in the parent/child category, you must pre-register at [RaceForum.com](http://RaceForum.com).**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

\_\_\_\_/\_\_\_\_/\_\_\_\_ Date of Birth      \_\_\_\_Age on Race Day  
 Male  Female

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ / Zip \_\_\_\_\_

E-mail (e-mail will be used to communicate some race info.) \_\_\_\_\_

Phone \_\_\_\_\_

Shirt size: Adult XS S M L XL  
As of today, are you a SVYMCA member? Yes No  
As of today, are you a SVYMCA employee? Yes No

Check here if you need race day babysitting.

I AM AN ADULT OVER 18 YEARS OF AGE AND WISH TO PARTICIPATE IN YMCA ACTIVITIES. In addition, I give my children permission to participate in YMCA activities. I understand that even when every reasonable precaution is taken, accidents can sometimes still happen. Therefore, in exchange for the YMCA allowing me to participate in YMCA activities, I understand and expressly acknowledge that I release the YMCA and its staff members from all liability for any injury, loss or damage connected in any way whatsoever to my (or my children's) participation in YMCA activities whether on or off the YMCA's premises. I understand that this release includes any claims based on negligence, action or inaction of the YMCA, its staff, directors, members and guests. I have read and am voluntarily signing this authorization and release.

Signature (if participant is under age 18, parent or guardian must sign.) Date \_\_\_\_\_

ONLINE REGISTRATION AT:  
**[www.RaceForum.com/Hop](http://www.RaceForum.com/Hop)**



## Registration Information

Registration/Packet Pick-up 7:30am  
5K run 9:00 am  
Awards Presentation 10:15 am

Registration, packet pick-up, start, awards presentation will all take place at the Y. Due to traffic activity and safety issues, the run will end at the Municipal Complex (1/2 mile cooldown walk back to the Y). **Race day registration/ packet pick-up closes at 8:45 am.** Cash and Check only accepted for race day registration. Please arrive early to allow for ample parking time.

## Entry Fee Submission

We highly encourage on-line registration!  
On-line registration closes 5/26.  
Please visit [www.RaceForum.com/Hop](http://www.RaceForum.com/Hop)

## Entry Fees\*

	By 5/20	On or after 5/21
Adult		
age 15		
or older.....	\$20.....	\$25
on-line.....	\$15.....	\$20

Child		
ages 6 -14....	\$15.....	\$20
on-line.....	\$10.....	\$15

Make checks payable to:  
Somerset Valley YMCA  
Send checks and application to:

Hillsborough Family YMCA  
19 East Mountain Road  
Hillsborough, NJ 08844  
Attn: Hillsborough Hop

\*Entry fee includes the race admission, goodie bag and t-shirt for participants 6 and up if registered by May 19th - others while supplies last. Children 5 and under may participate for free with a registered adult.

2009 USATF-NJ members may take an additional \$2 discount when pre-registering for the 5K race only. Include USATFNJ # on application.