

38th ANNUAL

# BORN TO RUN

5 MILE RACE  
FREEHOLD NJ



## RUN LIKE A BOSS

FREEHOLD AREA RUNNING CLUB

# November 29, 2024

11:00 a.m. the day after Thanksgiving

### FIGHT HUNGER IN YOUR HOMETOWN

Benefits the Freehold Open Door Food Pantry

Shirt, Finisher Medal,  
Court Jester Refreshments,  
Kids' Mile



### REGISTRATION & INFORMATION

- Postmarked by July 17 .....\$30.00
- Postmarked by October 29 .....\$35.00
- Postmarked by November 20 .....\$40.00
- Postmarked after November 20 .....\$50.00

#### FARC Members Pre-registration Only

- Postmarked by November 20 .....\$25.00
- Postmarked after November 20 .....\$50.00

1 Mile Kids' Race (7-14 years old) .....\$10.00

Register at [RunSignUp.com](http://RunSignUp.com)  
Through November 22



Race Shirt to all 5 Mile Entrants  
Medals to all Finishers

### RACE WEEK SCHEDULE

#### Packet Pick-up & Registration

Runner's High - 130 Schanck Road, Freehold  
Nov. 26 Tuesday - 4pm - 7pm

#### Freehold Fire Department

49 West Main  
Freehold, NJ 07728  
Nov. 29 Friday - 9am

#### Friday, November 29

10:00 am Kids' One Mile Race (Lafayette & Court)

11:00 am 5 Mile Race (Lafayette & Court)

**Awards: Top 3 Overall Male and Female; Top 3 Male and Female in the following age groups;  
14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+  
Top 3 Male and Female Race Walkers - No Duplicate Awards**

**Make Check Payable to FARC & Mail To: FARC c/o Isabel Lewis, 1407 Susan Lane, Point Pleasant, NJ 08742  
No individual refunds or deferrals**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age (on race day): \_\_\_\_\_ Sex: M F

Shirt Size: S M L XL (Guaranteed to 5M Pre Only) Run / Race Walk / Kids' Mile FARC Member? Y N  
(Circle one) (Circle one)

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

Phone #: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Release: I know that running [volunteering for] a road race (or trail race) is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Freehold Area Running Club, The Born to Run 5 Mile, the city of Freehold Borough and Freehold Township, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, 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 my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

For Information Visit [farcnj.com/btr](http://farcnj.com/btr)