

**WHERE**

Tamaques Park  
1081 Lamberts Mill Rd  
Westfield, NJ 07090

**WHEN**

10:30 AM-11:45 AM Race Day  
Registration/Package Pickup  
12 PM 5k Run

**HOW TO REGISTER**

By mail (Applications are at [www.cjrrc.org](http://www.cjrrc.org).  
Click on CJRRC Races)  
Register online at [www.raceforum.com/Hangover](http://www.raceforum.com/Hangover) & at [www.active.com](http://www.active.com). These online registration links are also at [www.cjrrc.org](http://www.cjrrc.org).

# Central Jersey Road Runners Club

# 27th Annual Hangover 5K

Thursday  
January 1st, 2009  
Westfield, NJ



**5K AWARDS**

Top overall male & female, top masters, male & female. Age group awards 3 deep in 5-year increments from 14 & under to 80 & over. No duplicate awards.

**AMENITIES**

Custom-designed shirt to all pre-registrants; and to post-registrants while they last; Bagels & Hot Chocolate

**DIRECTIONS/INFORMATION**

For more directions and an Interactive Google Map for the Hangover 5k, log on [www.cjrrc.org](http://www.cjrrc.org). Click on CJRRC Races



**This year's Hangover will be the first race to be included in the 2009 CJRRC Triple Series.**

*2009 will be the second season for The Central Jersey Triple. All people (members & non-members of CJRRC) who run and/or volunteer in all three of the following club races will receive a commemorative coffee mug.*

**Our three club races are:**

- Hangover Run 5K January 1st, 2009
- June Moon 5K June 19th 2009
- Fall Classic 4 Mile September 7th 2009

**Registration Fees**  
(check one)

- 5k by Dec 24th \$20
- USATF \$18
- CJRRC \$15
- After Dec 24th \$25

Checks payable to: CJRRC  
Mail to: P.O. Box 1863  
Cranford, NJ 07016

Last Name		First Name		
Street Address		City	State	Zip
Date of Birth	Phone #	Age on Race Day		
2009 USATF #	CJRRC #	Gender	Adult T-Shirt Size <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL* *Add \$2 for XXL	

**Email Address**

**For the safety of all participants and to satisfy insurance requirements, no headphones or other listening devices, skates, strollers, or animals are permitted.** In consideration of being allowed to participate in this racing event, I personally assume all risks in connection with this race. I release the Central Jersey Road Runners Club, Westfield, the Union County Park System, USATF, race organizers, directors, volunteers, sponsors and their representatives, officers, agents and employees and successors from any claim by me and my family, estate, heirs, or assigns, for injury or damage which may occur due to my participation in the race. I have signed this release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm here that I am physically fit and qualified to participate in this race and am at least 18 years of age (or have had this signed by my guardian, if I have not yet reached age 18).

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian Signature (if needed) \_\_\_\_\_

