

VFW TRIFECTA BENEFIT 5K RUN/WALK

THREE WAYS TO SUPPORT OUR LOCAL VETERANS



VFW POST 262
MONROE, NJ
DATE: 6/19/22
THOMPSON PARK

VFW POST 133
EAST BRUNSWICK, NJ
DATE: 7/24/22
SEE BELOW

VFW POST 3117
EDISON, NJ
DATE: 9/17/22
53 NATIONAL RD

LOCATION: EAST BRUNSWICK ARTS CENTER, CRANBURY ROAD, JUST PAST THE FAIR GROUNDS – EAST BRUNSWICK

COURSE: CERTIFIED; FAST

RACE DAY TIMELINE:

7:30AM – RACE DAY REGISTRATION OPENS (AT THE ARTS CENTER)

9:00AM – RACE BEGINS

10:00AM – NOON – AWARDS PRESENTATION AND POST-RACE PARTY AT THE FINISH LINE (FOOD/SODA/BEER)

TOP QUALITY T-SHIRTS GUARANTEED TO ALL PRE-REGISTERED RUNNERS (THEY WILL BE AVAILABLE WHILE SUPPLIES LAST FOR THOSE REGISTERING THE DAY OF THE RACE).

RACE PACKET PICK-UP: SATURDAY 7/23, 5-7PM AT THE VFW POST 133 & RACE DAY AT THE ARTS CENTER

AWARDS: MEDALS TO TOP THREE MALE/FEMALE FINISHERS IN THE FOLLOWING AGE

CATEGORIES: 19 & UNDER, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & OVER.

REGISTRATION DEADLINES & ENTRY FEES:

\$25 – ON-LINE REGISTRATION ON OR BEFORE JULY 18 (COMPUSCORE.COM)

\$30 – LATE REGISTRATION (AFTER JULY 18)

Last Name: _____ First Name: _____

Address: _____

Street

City

ST

Zip

Phone # _____ Email _____

Birth Date ____/____/____ Age (day of the race) _____

T-Shirt size: S M L XL (CIRCLE ONE) Gender: M F (CIRCLE ONE)

I realize that running a road race is a potentially dangerous activity and that I should not enter unless I am medically able and properly trained. I assume all the risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release the VFW, its officers, its members, race volunteers, race organizers and the Township of East Brunswick, their departments and employees from my claims and liabilities of any kind arising from my participation in this event.

Anyone under 18 must have this signed by a parent

Please remit applications to: VFW Post 133, 485 Cranbury Road, East Brunswick, NJ. 08816

Thank you,
Tom Coohill



Wayne Lyons Sr.
Race Director
wtlsrebs@yahoo.com