



9th Annual  
**Three Bridges**  
**Five Mile Road Race**  
**Saturday, August 10, 2019**



**467 Main Street, Three Bridges, NJ 08887**

Portions of the proceeds will be donated to

**Remembering Henry Scott Oldenburg in support of The Hug-A-Bear Project**

**This is a USATF Sanctioned Event—USATF-NJ Certified Course # NJ15527JHP**

**\$3 Discount to all USATF members up to 10 days prior to the event**

**5 Mile Road Race:** A five mile course of rolling hills through Readington Township's beautiful rural community. Timing and scoring will be conducted by Best Racing Systems. There will also be mile markers and water stations.

**1 Mile Health Walk:** Enjoy a peaceful walk through the historic Three Bridges Community. Children are welcome to join in!

**Age Groups:** 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

**Other Category:** Police, Fire and EMS—Male and Female

**Awards:** There will be a number of awards for all age groups, male and female, including emergency service personnel.



NORTH JERSEY

2019

Grand Prix



**Race Day Schedule**

**\*Rain or Shine\***

Registration/Check-In:	7-8:30 AM
5 Mile Race Start:	9:00 AM
1 Mile Health Walk:	9:15 AM
Award Ceremony and Reception:	10:30 AM

**Amenities:**

T-shirts to the first 150 registered entries  
Bagels, fruits, juice and other assorted beverages available

**Registration Costs**

	<b>Before August 1st</b>	<b>After August 1st</b>
5 Mile Race Entry	\$25	\$30
Police, Fire, EMT (ID Required)	\$20	\$25
1 Mile Health Walk	\$10	\$15

A portion of this year's proceeds will benefit:  
**Remembering Henry Scott Oldenburg in support of The Hug-A-Bear Project**

“ **The mission of RH50 is to honor Henry Scott Oldenburg by continuing his spirit to serve and recognize the value of each individual, to contribute, facilitate and promote solutions for the enrichment of the community as well as to raise public awareness about the prevention, detection and treatment of pancreatic cancer.** ”



Located between the Flemington Circle and Somerville Circle,  
right off of Route 202, our fire company is easy to find!

For more information and directions to the firehouse, please visit our website at <http://www.tbvfc.com>. Any questions, please email us at [threebridgesfire@comcast.net](mailto:threebridgesfire@comcast.net) or call by phone at (908) 782-6113.

Registration is available online at  
<http://bestrace.com/ThreeBridges/5MileRoadRace>  
or complete the bottom portion of this form with a check made payable to  
“Three Bridges Fire Company” and mail to:  
**Three Bridges Fire Co.—5 Miler, PO Box 127, Three Bridges, NJ 08887**

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**Three Bridges 5 Mile Road Race**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ USATF #: \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Age on Race Day: \_\_\_\_ Gender: M F Member of (Circle One): Fire Police EMT  
T-Shirt Size: S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ **Please attach a copy of your emergency personnel ID**

**Release From Liability:** In consideration of this entry, I for myself, my heirs, executors, administrators, and assignees waive, release, and discharge the Three Bridges Volunteer Fire Company, the Township of Readington, any volunteers, sponsors or any representatives from any and all claims, demands, actions, and/or damages (bodily injury, property damage, death). I certify I am in proper condition to participate in the 5 Mile Road Race. I allow permission for the use of my name, picture, video broadcast, telecast, and/or the use of other media in regards to this event. I understand that there will be no refunds given.

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