

5K Run/Walk in the Park

Distance: 5K (3.1 miles) Run or Walk.

Course: The course is a "relatively flat" road course surrounding FirstEnergy Park in Lakewood.

When: Sunday, April 22, 2006

Start: Parking lot of FirstEnergy Park, Home of the Lakewood BlueClaws in Lakewood, NJ.

Finish: Inside FirstEnergy Park

Time: Race begins at 11 a.m. sharp.

Check-in: 9 a.m. - 10:30 a.m.

Entry Fee:

5K Pre-registration \$20 - Kids Fun Run \$10
(entries must be received by April 17)

Special subscriber discount: \$15 for any home delivery subscriber to the Ocean, County Observer, Asbury Park Press, Home News Tribune, Times-Beacon Newspapers, Courier News, Courier Post, The Daily Record or The Daily Journal in New Jersey. Discount available only to runners who pre-register.

5K Race Day registration \$25 - Kids Fun Run \$15

Registrar: Race Day Registration and Pre-registered Race pack pick-up will be at FirstEnergy Park starting at 8 a.m.

Online registration: Register online at www.ocobserver.com.

Questions: Call (732) 571-2162 or check www.jsrc.org or oceanrunningclub.org.

JERSEY SHORE
GRANDPRIX
event
www.jsgrandprix.com

Your entry fee includes:
Lawn seat admission to
Lakewood BlueClaws vs. Hagerstown Suns
1 p.m. Sunday, April 22.

Awards

- Overall and Age Group
- Random Prize Drawings
- T-Shirts (T-shirts guaranteed only to pre-registered entrants).

Amenities

- Post Race Refreshments
- T-Shirts (T-shirts guaranteed only to pre-registered entrants).

All Proceeds to Benefit:

- NIE - Newspapers In Education, a non-profit organization promoting literacy and community awareness in our schools by providing newspapers, curriculum guides, educational supplements and teacher workshops.
- Ocean Running Club Scholarship Fund



2006 Winners

Overall Male - Mark Melka - Manchester
Overall Female - Dianne Decker - Brick

Asbury Park Press/Ocean County Observer
5K Run/Walk in the Park Official Entry Form

Name: _____

Address: _____

City: _____ State: _____ ZIP _____

Phone: _____

Age: (as of 4/22/07) _____ Sex: (M/F)

E-mail: _____

Subscriber Acct. # _____

Subscriber Newspaper _____

Shirt Size: Youth M - L; Adult M - L - XL (circle one)

Fee: _____

5K Pre-registration: \$20 (Postmarked by 4/17/06)

Race day registration: \$25

Subscriber Discount: \$15

Kids Fun Run Pre-registration: \$10

Kids Fun Run Race Day registration: \$15

Purchase additional lawn seats to the BlueClaws game at \$6 each. # of tickets _____

Waiver _____

In consideration of the acceptance of my entry, I request my name and address do hereby release and discharge the Asbury Park Press, Ocean County Observer, Ocean Running Club, Jersey Shore Running Club, the Lakewood BlueClaws, Ocean County Observer, the Daily Record, the Daily Journal, the Times-Beacon, Courier News, Courier Post, and the City of Lakewood and their employees and officials, all sponsors and volunteers for any claim arising or growing out of any injury in connection with my participation in this event. I attest and verify that I have full knowledge and appreciation of the risks involved, and I am physically fit and sufficiently trained to participate in this event. I understand and verify that I have full knowledge and appreciation of the risks involved, and I am physically fit and sufficiently trained to participate in this event. I am at least 18 years of age or have had this release signed by my parent/guardian if I am not yet 18 years of age.

Participant Signature or Parent/Guardian (if under age 18) _____

Date _____

Checks Payable to: Asbury Park Press/
Ocean County Observer 5K

Mail completed entry forms to:

Asbury Park Press/Ocean County Observer
5K Run/Walk in the Park
P.O. Box 927
Neptune, NJ 07754

or register online at app.com or ocobserver.com