

Allaire 5K

Cross Country Run

Sunday - October 5, 2008

8:30 a.m. – Rain or Shine



Allaire State Park • Rt. 524, Wall, NJ

Custom Long Sleeve T-Shirt to All Pre-Registered Entrants

(Post Entries as long as they last)

**Proceeds benefit: St. Catharine School Athletic Programs &
The Monmouth-Ocean Parochial Cross Country League**

Come run/walk the scenic trails of Allaire State Park.

Post Race Refreshments

- Awards:**
- Top M/F Runners Overall
 - Top M/F Runner in Standard Age Groups
 - Top Walkers Overall
 - Post Race Raffle

Entry Fee: \$20 postmarked by 9/17/08
\$25 postmarked after 9/17/08 & race day

Register online @ www.raceforum.com/allaire

T-Shirt/Race Number Pick Up and Post Registration: Race Day 7:15-8:15 am at the Park
Results Posted: <http://www.jsrc.org>

**Mail Entries & Make Checks Payable to:
S.C.A.C. • 1221 W. Chicago Blvd., Sea Girt, NJ 08750
For more information email: 2008allaire5k@optonline.net**

Name: _____ Male _____ Female _____
Address: _____ Town: _____ State: _____ Zip: _____
Telephone: _____ E-mail: _____ Race Day Age: _____
Shirt Size: M _____ L _____ XL _____ Runner _____ Walker _____

I know that participating in this event is a potentially hazardous activity. My child should not enter and participate unless medically and properly trained. I assume all risks associated with participation including but not limited to falls, contact with other participants, the effects of the weather, including wet running surfaces and all such risks being known and appreciated by me and my child. Having read this waiver and knowing these facts and in consideration of you accepting my application I hereby, for myself and my child and anyone entitled to act on my behalf, waive and release any and all sponsors including but not limited to St. Catharine School, Allaire Village, Inc., State of N.J., State Park Service, and all individuals associated with this event and their representatives, successors and assignees for any and all injuries suffered by my child 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 hereby authorize the organizers of this race to utilize any photograph or video tape of my participation in this event for any purpose. By signing my name below, I hereby certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Signature: _____ Date: _____

Parent Signature: _____ Date: _____
(if entrant is under age 18)