

Allaire 5K Cross Country Run

Sunday, September 30, 2007

8:30 a.m. – Rain or Shine

Allaire State Park • Rt. 524, Wall, NJ



Custom T-Shirt to All Pre-Registered Entrants

(Post Entries as long as they last)



Historic Allaire Village

Post Race Refreshments

Come run the scenic trails and walkways of Allaire State Park.

Awards

Walkers Welcome

Runners - Male & Female in each category

1st, 2nd and 3rd Place overall

1st Place in each age group

(5 year age groups from 14 and under to 70 and over)



Walkers - 1st, 2nd and 3rd Place overall

Entry Fee: \$15.00 Early Bird entry - postmarked by 8/31/07

\$18.00 Pre-entry - postmarked by 9/17/07

\$20.00 postmarked after 9/17/07

Online Registration @ 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. • 2808 Colonial Drive, Wall, NJ 07719

For more information call (732) 449-4424 Ext. 185 or email: pdlacy@aol.com

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

Name: _____ Male _____ Female _____

Address: _____ Town: _____ State: _____ Zip: _____

Telephone: _____ 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)