

Captain George E. McCormack Memorial Run
 Around Lake Como
Bar Anticipation's 16th Annual Halloween Race
5K Run & Walk

All proceeds will benefit the
 Captain George E. McCormack Memorial Park

Registration begins at 8:30 AM at
BAR ANTICIPATION
 703 16th Avenue South Belmar, NJ 07719



For more information, contact JSRC hotline 732-542-6090

SATURDAY,
October 30th

STARTS AT
10:00 AM

Donation:
 Pre-registered \$18.00
 Race Day \$20.00
Early Shirt & Race Number Pick-up,
 Friday October 29th 7:00-9:00pm
DONATION INCLUDES
 T-shirt (while supply lasts) - Barbecue - Drink Specials
 Door Prizes for best Youth & Adult Runner in Costume
 Make checks payable to JSRC - McCormack Run

NAME _____
 ADDRESS _____
 CITY _____ ZIP _____
 PHONE _____ AGE (Race Day) _____
 EMAIL _____ SIZE - M L XL XXL (Please Circle)

Mail application to: JSRC McCormack Run
 PO Box 7492 Shrewsbury, NJ 07702

Visit us at
www.jsrc.org
 or
www.baranticipation.com

I expressly waive any and all claims for damages which I may have against the Releases, their representatives, successors and assigns and will hold them harmless to any and all injuries suffered in conjunction with this event. I certify that I am in good health and physically able to participate in this run.

SIGNATURE/PARENT IF UNDER 18 _____

To register online - please go to www.jerseyrunner.com