



# BLUECLAWS 5K RUN

Sunday April 20, 2008



**Ocean Running Club**  
Promoting health and fitness through running and walking.

Tired of participating in races with the same atmosphere? Why not finish a race with 1000s of BlueClaws fans to cheer you on as you cross the finish line... Don't wait, register now for the 6th Annual BlueClaws 5K Run on Sunday April 20th, 2008.

- Race entry includes lawn seat admission to Lakewood BlueClaws vs. Delmarva Shorebirds (1:05pm 1st pitch Race Day)
- Post Race refreshments
- Random Prize Drawings
- Race T-shirts
- (Guaranteed ONLY to pre-registered entrants)

There will be a 1/2 Mile Little League Challenge at 10:00am  
 Time: Registration - 9:00am  
 5K Race begins at 10:30 a.m. sharp, followed by Kids Fun Run  
 Starting Point: Parking lot of FirstEnergy Park  
 Finish Line: **On the field!!**



Waiver: In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge the Ocean Running Club, Jersey Shore Running Club, Lakewood BlueClaws and the township of Lakewood and their employees and officials, all sponsors and volunteers for any claim arising or growing out of any activity 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 am at least 18 years of age or have had this release signed by my parent/guardian if I haven't yet reached age 18.

Participant Signature or Parent/Guardian (if under age of 18) \_\_\_\_\_

Entry Fee: 5K Pre-registration (ends 4/18/08): \$20 5K Race day registration: \$25  
 Kids Fun Run/Little League Challenge Pre-Registration: \$10  
 Kids Fun Run/Little League Challenge Day Registration: \$15

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

AGE:(as of 4/20/08) \_\_\_\_\_ SEX: (M/F) 5K \_\_\_\_\_ Kids Fun Run \_\_\_\_\_ Shirt Size: Youth M – L ; M – L - XL (circle one)

Please visit [www.blueclaws.com](http://www.blueclaws.com) or [www.jsrc.org](http://www.jsrc.org) to register or for more information.

Purchase additional lawn seats for friends and family to see runners cross the finish line and see a BlueClaws game \$6 per ticket # of tickets \_\_\_\_\_

Mail completed form to : 2 Stadium Way, Lakewood NJ 08701 or fax to 732-901-3967

Attn: Lisa Carone, Special Events Manager  
 Checks payable to: Lakewood BlueClaws