

BlueClaws

5K Run

Sunday April 18, 2010



Ocean Running Club

Promoting health and fitness through running and walking.

Race entry includes general admission to
Lakewood BlueClaws vs. Greensboro
Grasshoppers 1:05PM
Awards for 5K runners by age

Time: Registration - 9:00am
One Mile Fun Run - 10:00AM
5K Race begins at 10:30 AM

Pre registration until April 12th

5K or Fun Run

Adult-\$20 Kids (12 & under)-\$10

After 4/12/10

Adult-\$25 Kids-\$15

For more information call

732-901-7000 ext 163

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) _____

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

CITY: _____ ST: _____ ZIP: _____

Pay by Credit Card: # _____ Exp. _____ Security Code: _____

AGE:(as of 4/18/10) _____ SEX: (M/F) 5K _____ One Mile Fun Run _____ Shirt Size: Youth M - L ; M - L - XL (circle one)

Please visit www.blueclaws.com or 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

\$1 per ticket # of tickets _____

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

Attn: Charles Keller Checks payable to: Lakewood BlueClaws