



CBA ALUMNI ASSOCIATION
Presents the Third Annual



Colt 5K Trail Run

Sunday, April 26, 2009 • Starting Time 10:00 am
Christian Brothers Academy • Lincroft, NJ

Pre-Registration: (before April 20) **\$20.00**
Registration: All entries received after April 20 **\$25.00**
Student Rate Registration: (before April 20 only) **\$15.00**
Schedule: **Race-Day Registration:** starting 8:30 am.
Run starts 10:00 am.
Course: **Run:** 5K Trail run around beautiful campus of Christian Brothers Academy
Awards: Top ten men and women, class with most participants
Amenities: Random Prizes, Post Race Refreshments, T-shirts while they last
Directions: Garden State Pky Exit 109, Rte 520 West for 2.5 miles
Information: **Pat McGann** (732) 747-1959 x214
JSRC Hotline 732-542-6090
Web: www.jsrc.org www.cbalincroftnj.org
Online Registration: www.jerseyrunner.com

First Name	MI	Last Name	Age	Sex – M or F
Address		City	State	Zip Code
E-mail				
Telephone				
T-Shirt (circle)	S	M	L	XL

Mail Check payable to
CBA Alumni Association
850 Newman Springs Road
Lincroft, NJ 07738

Entry Fee \$ _____
Donation to CBA Alumni \$ _____
Total Enclosed \$ _____

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I hereby release Christian Brothers Academy, CBA Alumni Association, Middletown Township, the Jersey Shore Running Club, Road Runners Club of America,, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any record of event for any legitimate purpose. This is a road race conducted under the rules of USATF and RCAA: it is not intended for individuals with bicycles, baby joggers, baby strollers, animals on leash, skateboards, and skates.

Date: _____ Signature _____

Parent's Signature if under 18 _____