

JSRC & PBA 57 Present 12th Annual

PRE-FATHER'S DAY 5K

SATURDAY, JUNE 17, 2006

Schedule: 5K Run/Walk – 9:00 AM
Kids Races – 10:15 AM

Location: Wanamassa Elementary School, Bendermere Ave,
Wanamassa (Ocean Twp) NJ

Directions: From GS Parkway North, take Exit #102 to
Asbury Park circle to Rt #35 North
From GS Parkway South, take Exit #100A
onto Rt#66 to Asbury Park circle to
Route#35 North
From Route 35, take Sunset Ave.
(2 traffic lights North of Asbury Circle)
East to first traffic light, Logan Road. Turn left.
On Logan Road, Bendermere is the fourth right.

Entry Fee: \$18 before June 10
\$15 JSRC members and Law
Enforcement Officers, before June 10
\$28 Race Entry and one year membership
to JSRC, before June 10
\$20 after June 10 and race day
\$7 Kid's Races (with Shirt & Award)

Awards: 1st Place Overall M/F
Top 3 finishers M/F in 10-year age groups
Top Cop -1st Place Law Officer M/F
Top Father/Son & Father/Daughter Teams
Largest Family Entry

Course: Flat and scenic 3.1 miles loop through
Wanamassa, Interlaken, Loch Arbour and Allenhurst.

To Benefit PBA 57
(Ocean Twp & Allenhurst)
Great Awards
Post Race BBQ
Random Prizes



732 542-6090
www.jsrc.org



Return with check made out to: **JSRC Pre-Father's Day 5K, PO Box 7492 Shrewsbury, N.J. 07702-7492**

NAME _____ AGE _____ SEX _____
 ADDRESS _____ PHONE _____
 CITY _____ STATE _____ ZIP _____

Police Officer: Yes [] Where? _____
 JSRC Member: Yes [] Family Team Name _____

SHIRT SIZE (CIRCLE ONE): YL M L XL EVENT (CIRCLE ONE): 5K KID'S RACE

RELEASE
 I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself, and anyone entitled to act on my behalf, waive and release the RRCA, Jersey Shore Running Club, its Officers, Members and race volunteers, the City of Ocean Township, Interlaken, Ocean Twp BOE, Loch Arbour and Allenhurst and their Departments and employees, and all sponsors, their representatives, employees, successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver.

SIGNATURE _____ DATE _____

(Parent or Guardian if under 18)