

MANASQUAN RECREATION COMMISSION
PRESENTS

THE 14TH ANNUAL FOOL'S RUN

**5K RUN, 1 MILE RUN & FITNESS WALK
TO BENEFIT THE RECREATION BUILDING FUND
SAT. March 27 2010- MANASQUAN, NJ**

TIME: KID'S RUN & FITNESS WALK - 10:00AM 5K RUN: 11:00 AM

**LOCATION: Mallard Park, 3 blocks south of O'Neill's Bar & Grill on the corner of Potter Ave. Cedar Ave.
Take Main Street east toward the beach. At O'Neill's turn right on Potter Ave.**



Registration: Race Day 8:00 AM at Mallard Park.

Entry Fees: \$20.00 for registrations received on or before March 17th.

\$25.00 for registrations received after March 17th.

\$15.00 for participants 12 and under.

AWARDS: -5K Run - Many Age Groups - M&F

-1 Mile Kids run- Many age groups- M&F

-Runner completing race with the most ridiculous costume

POST RACE PARTY AT O'NEILL'S BAR & GRILL

PRE-RACE SHIRT & NUMBER PICK UP, Friday March 26, 6PM-9PM @ O'Neill's

For Information: Manasquan Recreation (732)223-0705

RETURN WITH CHECK PAYABLE TO MANASQUAN RECREATION PO BOX 127 MANASQUAN, NJ 08736

PLEASE PRINT CLEARLY AND FILL OUT COMPLETELY OR IT WILL NOT BE ACCEPTED
YOUR CAN REGISTER ON-LINE @ JERSEY RUNNER.COM

NAME _____ **AGE** _____

Address _____ **City** _____ **State** _____ **Zip** _____

Phone _____ **Sex** _____ **Shirt Size** **Adult** S M L XL XXL **Youth** M L

EVENT (Circle One) **1Mile** **5K**

RELEASE AND WAIVER : I know that running or walking in a road race is a hazardous activity. I assume all risks associated with running or walking in this road race, including but not limited to risks associated with the following: falling down, physical contact with other participants, motor vehicle traffic condition, conditions of the course and risks associated with my health or medical condition, including but not limited to heart and respiratory problems. I release the following from any and all liabilities related to this event: the Manasquan Recreation Committee, its officers, members and race volunteers, The Borough of Manasquan and its Departments and Employees, and all sponsors, their representatives, employees and successors or assigns. I waive any claim that I might have that is related to these liabilities. I make this release and waiver in consideration of the acceptance of my entry form. I have read and understand the terms of this release as well as the posed by the road race.

Signature: _____ **Date:** _____ **Parent or Guardian If Under 18**

Note: THIS FORM MY BE REPRODUCED AND REDISTRIBUTED.

Shirts not picked up by 12PM on race will be donated to a local charity