



# 30<sup>th</sup> HASHaTHON 6 Mile Trail Race

(Yes, 30 years of this Jersey Trail Classic!!)

## JSRC Sponsored Event Sunday Nov. 8, 2009



Cheesequake State Park Exit 120 off the Garden State Parkway,  
Follow Signs to Race 1 Mile Fun run - 10:30 AM  
6 mile run - 11AM Race Day Registration begins at 9:30 am  
Race run in cooperation with the Rumson Hash House Harriers



**Entry Fee \$26 Pre Entry with a Hashathon Long Sleeve T-shirt OR \$12 Pre-Entry (prior to Nov. 1<sup>st</sup>) Post Entry - \$15/1 mile Fun Run \$2**  
NOTE! Wear your **RETRO** running gear to commemorate the 30<sup>th</sup> Anniversary.  
Awards – 3 Overall & 3 deep in 10 year Age Groups - and many other FUN awards.  
Additional Hashathon clothing available for sale on race day while supplies last.

Special Raffle Prizes after Race. Awards given for best **RETRO** running apparel worn during the race!!  
The course encompasses winding wooded trails, gullies, footbridges, small streams, fallen trees, varmints & several eco-systems. You will run through cedar forest & beautiful wetlands. The course is tough, challenging & hilly, but most everyone finishes intact for our post-race party at a nearby location.

Info - call Mark Griggs / Race Director (732) 528-0132 (Evenings) / email - markgriggs2000@yahoo.com

PLEASE PRINT NEATLY & FILL OUT COMPLETELY OR THE APPLICATION WILL BE RETURNED

\_\_\_\_\_  
Name Age Sex Phone

\_\_\_\_\_  
Street Address City State Zip

I am preordering a Long Sleeve Black Hashathon T-Shirt (\$26, Includes race entry) YES  NO   
If yes, indicate Long sleeve T-Shirt Size (Please circle size) XXL XL Large Medium Small

Amount Enclosed \$ \_\_\_\_\_ Event - Please Circle One 6 Mile Race 1 Mile Fun Run

**RELEASE - I know that running the Hashathon is a potentially hazardous activity & that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effect of weather, including high or low temperatures and/or humidity, traffic and the conditions of the course, all risks being known & appreciated by me. Having read this waiver & knowing these facts in consideration of your accepting my entry, I, myself & anyone entitled to act on my behalf, release the Jersey Shore Running Club, it's officers, members & race volunteers, the Rumson Hash House Harriers, Cheesequake State Park, it's employees and all sponsors, their representatives, employees & successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further I grant to all of the forgoing the right to use any photographs, motions pictures, recordings or any other record of this event for legitimate purposes. IN SHORT "IF I GET HURT IT'S MY OWN DAMN FAULT"**

Signature \*\*\* \_\_\_\_\_ Date \_\_\_\_\_ \*\*\*Parent/ Guardian if under 18.

Make Check Payable to : THE JERSEY SHORE RUNNING CLUB  
Mail to: Mark Griggs C/O the Jersey Shore Running Club  
3228 Atlantic Ave. PO Box 150 Allenwood, NJ 08720-0150

You can also sign up on-line at [www.jsrc.org](http://www.jsrc.org)

\*\*\*\*\* CO-ED SMOKERS CLASS – RETAINED FOR 2009 \*\*\*\*\*