

BOROUGH OF INTERLAKEN 5K RACE & FITNESS WALK WITH KID'S RACES

Saturday, October 18, 2008 (rain or shine)

5K 11 AM, Kids Dashes 10:15AM

*Presented by the Interlaken Recreation Advisory Committee with Cooperation
from the Jersey Shore Running Club*

9:00 am: Sign-in & Post Registration begins at Interlaken Park

11:00 am 5K Race/Walk 10:15 am: Kids Dashes (12 & under)

Water-stops on Course/Race Awards & Prizes Ceremony after races at Interlaken Park

Registration

Pre-Registered: Post Marked by
Friday, October 10, 2008 \$20.00
Post-Registration \$25.00
Kids Pre-Registered: Post Marked by
Friday, October 10, 2008 \$10.00
Kids Post-Registration \$15.00

Awards/Prizes

- * All Kid's Race Participants receive award
- * Top 3 Overall Male and Female Runners
- * Top M/F in Ages 14 & under, 15-19, 20-29
30-39, 40-49, 50-59, 60-69 & 70+
- * Top Male and Female Walkers
- * Top Interlaken Male & Female Finishers

Information: Jessica Pillari (732) 531-0340 or **Register Online:** jerseyrunner.com

Location: Interlaken Park, Bridlemere Avenue

Please mail completed registration form and check payable to "Interlaken Recreation Advisory Committee" TO: Jessica Pillari, 725 Fernmere Ave., Interlaken, NJ 07712

Name: _____ Age on race day _____ Gender M or F (circle)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email Address: _____

Event: 5K Race 5K Walk Kid's Race

Shirt Size: Kids: S M L • Adult: S M L XL

Waiver: I hereby waive any and all claims for myself and my heirs against the Borough of Interlaken, the Interlaken Recreation Advisory Committee, the Jersey Shore Running Club and any or all sponsors, organizers, volunteers and officials of this event or for any injuries or illness which may result from my participation in this event. I also authorize race officials to utilize any photographs and videotape of my participation in said race for any and all purposes.

Signature: _____ Date: _____

Or parent/guardian if under age 18