



**BOROUGH OF INTERLAKEN 5K RACE
 RUN/WALK WITH KID'S 1-MILE FUN RUN**

5K (3.1 MILES) WALKERS WELCOME

PRESENTED BY THE INTERLAKEN RECREATION ADVISORY COMMITTEE

Saturday, October 15, 2011 (rain or shine)

5K 11 AM, Kids RUN 10:00AM

Run the scenic, tree-lined streets of this quaint Jersey Shore town on a flat course surrounded by Deal Lake and finish on the grass in Interlaken Park.

Followed by a great Post-Race Party for all ages!

Beer (please drink responsibly), **Soda, Food and DJ**
Race Awards & Prizes Ceremony after races at Interlaken Park

9:00 am: Sign-in & Post Registration begins at Interlaken Park
11:00 am 5K Race/Walk 10:00 am: Kids 1-mile fun run (12 & under)

Registration:

Pre-Registered by Monday, October 10, 2011 - Adults \$20.00, Kids \$10.00, Guarantees Long-sleeved T-shirt

Post Registration: Adults \$25.00, Kids \$15.00

Awards:

All Kids Race Participants receive medals: 5 & under, 6-8 and 9-12

Adult Awards are Sweatshirts

Top Interlaken Male and Female Finishers

Top 3 Male/ Female Runners

Top Male/Female Walkers

Top M/F Ages 14 and Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 & 70+

Information: (732) 732-531-7405 or Register Online www.interlaken5krun.com

Location: Interlaken Park, Bridlemere Avenue

 Please mail completed registration form and check payable to "Borough of Interlaken" TO: Interlaken 5K Committee, 100 Grasmere 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, officials and officers of the Borough, the Allenhurst Fire Department, 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 further state that I believe I am in proper health and physical fitness to participate. 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)