



Jersey Shore Running Club presents the 7th Annual Lake Como 5K

~in memory of Gránia Maggio~

Sponsorship monies go to the Gránia Maggio Study Abroad Endowment Fund
University of the Sciences in Philadelphia



**Saturday April 30, 2011; Start time 10:00 am @ Bar Anticipation
16th Ave Lake Como, Entry Fee: Preregistration by April 26: \$20
Post & Race Day registration: \$25**

Early Shirt Pick-up: Bar A, Fri. Night, April 29 5:30-7:30pm

Race Day Registration & Check In: 8:30 am @ Bar A Awards: Top 5 Overall Male/Female

Post Race Party: Free Barbeque, Soda, & Drink specials

Info:(732) 542-6090 www.jsrc.org • lmaggio@yahoo.com

REGISTER ON-LINE at www.jsrc.org

NAME _____

Age _____ Male _____ Female _____

Address _____

City _____ State _____ Zip _____

E-Mail _____ Phone _____

Shirt Size (check one) ADULT: M L XL XXL YOUTH: M L RELEASE/WAIVER I realize that running

a road race is a potentially dangerous activity and that I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release the Jersey Shore Running Club, it's Officers, Members and race volunteers, the Boroughs of Belmar, Lake Como and Spring Lake, their departments and employees, Bar Anticipation and all sponsors from any and all claims and liabilities of any kind arising out of my participation in this event or the carelessness of persons named in this waiver. Further, I grant to all of the foregoing to use any photographs, videos, recordings or any other record of this event for legitimate purposes.

SIGNATURE _____ DATE _____

(Parent/Guardian must sign for participants under 18)

Return entry form w/Check or M.O. to: JSRC — LAKE COMO 5K, 151 Lake Ave., Manasquan, NJ 08736