

6th Annual

# Captain George E. McCormack

## Memorial 5K Run & Walk with 1 Mile Fun Walk

Presented in cooperation with Jersey Shore Running Club, Constantine Bardis, Esq., Bar Anticipation and the Lake Como Police Department

**WHEN: SATURDAY, OCTOBER 3<sup>RD</sup>, 2009 - 10:00 AM START**

**WHERE: BAR ANTICIPATION  
703 16<sup>TH</sup> AVENUE • LAKE COMO • NJ • 07719**

**Pre-Registration:** \$17.00 (\$8 age 12 & under) before October 1  
**Registration:** \$20.00 (\$10 age 12 & under) All entries received after Oct 1  
**Schedule:** Early Shirt & Number Pickup Friday Oct 2, 6-8pm @ Bar A  
**Race-Day Registration:** starting 8:30 am.  
**5K Run and Walk** start 10:00 am. **1 Mile FunWalk** start 10:05 am  
**Course:** USATF Certified 5K around Lake Como  
**Awards:** Top five men and women  
**Amenities:** Donation includes T-Shirts (while supply lasts and must be picked up by raceday), barbecue, drink specials, Door Prizes, Certificates to all Finishers.  
**Directions:** Garden State Parkway to Exit 98 and follow the signs for Rt. 138 east. Take Rt. 138 (3-4 miles) to the sign for Rt. 35 North, "Belmar". Bear to left and take the off ramp. At the end of the ramp, you will approach a traffic light, make a right onto 16th Ave.  
**Information:** JSRC Hotline 732-571-2162  
**Web:** www.jsrc.org or www.bar-a.com Register online at jerseyrunner.com

**Proceeds benefit the Captain George E. McCormack Scholarship Fund**

First Name	MI	Last Name	Age	Sex – M or F
Address	City		State	Zip Code
Phone	E-mail		T-Shirt (circle)	S M L XL XXL

Entry Fee	\$ _____
Donation	\$ _____
Total Enclosed	\$ _____

Mail Check payable to  
**George E. McCormack Run**  
PO Box 637  
Belmar, NJ 07719

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I hereby release the Boro of Lake Como, the Jersey Shore Running Club, Road Runners Club of America, County of Monmouth, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any record of event for any legitimate purpose. This is a road race conducted under the rules of USATF and RCAA: it is not intended for individuals with bicycles, baby joggers, baby strollers, animals on leash, skateboards, and skates.

Date: \_\_\_\_\_ Signature \_\_\_\_\_

Parent's Signature if under 18 \_\_\_\_\_