

# NEPTUNE CITY DAY



## RUN **5K** WALK

Sponsored by:



August 6<sup>th</sup> 2011

Race begins 8:00 a.m.- Registration Booths open at 6:30 a.m. at the Neptune City First Aid Building  
97 W Sylvania Avenue, Neptune City

In Cooperation with the Jersey Shore Running Club - Register at [JSRC.ORG](http://JSRC.ORG)

### Prizes To Top 3 Overall M & F Finishers

**TROPHIES TO 1<sup>ST</sup>, 2<sup>ND</sup>, & 3<sup>RD</sup> PLACE AGE GROUP WINNERS, M & F**

AGE GROUPS: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

TROPHIES FOR NEPTUNE CITY RESIDENTS TOP 3 M & F

**NO DUPLICATE PRIZES**

A FULL DAY OF ACTIVITIES IS PLANNED BEGINNING IMMEDIATELY  
AFTER THE 5K RUN/WALK AND WILL CONCLUDE WITH A  
SPECTACULAR FIRE WORKS DISPLAY AT 9:00 PM

**REGISTRATION \$ 20.00**

**WITH PROOF OF RETRO FITNESS MEMBERSHIP \$ 18.00**

\*TOP QUALITY T-SHIRTS TO ALL PRE REGISTRANTS  
WHILE THEY LAST FOR POST REGISTRANTS

Shirt pick up & late registration 5- 8 PM., August 3rd, at The Neptune City Community Center  
116 Third Avenue, Neptune City

**Make checks payable to: Neptune City Day 5K**

Mail all entries to:

Neptune City Day, 5K RUN / WALK, 106 W. SYLVANIA AVE, NEPTUNE CITY, N. J. 07753

Name \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone(\_\_\_\_) \_\_\_\_\_  
Neptune City Resident-yes \_\_\_\_\_ no \_\_\_\_\_ E Mail Address \_\_\_\_\_

I hereby for myself, my heirs, executors, administrators, do waive and release any and all rights and claims for damages of any nature which I might have against any organization, municipality, or any individual associated with this event and agree to hold harmless from any claim such parties. I have been advised that I must be in good health to participate in this event. I also give my permission without fee, for use of my name and or picture in any broadcast, telecast or print media account of this event. Further I acknowledge that I have read and fully understand the conditions under which this entry is made and accept them.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(if you are under 18 years of age this form must be signed by a parent or guardian)

\*\* THESE FORMS MAY BE REPRODUCED\*\*FOR MORE INFO CALL (732) 774-0089 \*\*