

# POPE JOHN XXIII 5K

ALSO SUPPORTING THE FOOD BANK OF MONMOUTH COUNTY

Please see [WWW.FOODBANKMOC.ORG](http://WWW.FOODBANKMOC.ORG) and bring a donation to the Race

## 3<sup>rd</sup> Annual 5K Road Race/Fitness Walk with Kids Races

To Support Pope John XXIII Regional School ("Eagles") Athletics

With help and in Cooperation with the Jersey Shore Running Club

**Saturday, March 28, 2009, 10 am (rain or shine)**

**Ocean Township, NJ - Joe Palaia Park**

**8:00 am:** Sign in & Post registration begins at Palaia Park

**10:00 am:** 5K Race/Walk

**10:45 am:** Kiddie Dashes (12 & under)

**Refreshments/Water-stops on Course / Race Awards & Prizes Ceremony after races at Palaia Park**

**Post Race Party to Follow at The Lake House Restaurant, Main Street, Loch Arbour**

**Please bring an item to this event on race day which will be donated to Food Bank of Monmouth & Ocean County**

### Registration

Pre-registered: post marked by

Friday March 21, 2009 ..... \$20

Post Registration ..... \$25

Kids Pre-Registered Post marked by

Friday March 21, 2009 ..... \$10

Kids post-registration ..... \$10

(Kid's races for ages 12 & under)

### Awards (no duplicates)/Prizes (must be present)

All Kids Races participants receive award

Random and Grand Prizes

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 and, 70 & older

Top Male and Female Walkers

(walkers use honor system, ie: no running)

Information- Terry Bolan-732-713-0443 ([terrybolan@aol.com](mailto:terrybolan@aol.com)) or Michael Matassa- ([grade5@popejohn23.com](mailto:grade5@popejohn23.com))

Directions: Joe Palaia Park, Ocean Township, Highway 35 to Deal Road East to Whalepond to signs for parking

Note: Quality Long Sleeve Shirts guaranteed to pre-registered only, Race Day only while supplies last

Make Check payable & Mail to

Online Registration

Pope John XXIII, c/o 313 Spier Avenue, Allenhurst, NJ 07711 or

Active.com or JerseyRunner.com

### One form per person

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Age: (on race day): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Gender: Male Female

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone # \_\_\_\_\_ Email: \_\_\_\_\_

Event (circle one) 5K Race 5K Walk Kid's Races Shirt Size (circle one) Kids: M L

Adults: S M L XL

Event Release: I know that participating in a road race/walk is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the conditions of the course, all 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, myself and anyone entitled to act on my behalf, waive and release Pope John XXIII and the Jersey Shore Running Club, its Officers, Member and race volunteers, Ocean Township, NJ and its departments and employees and successor from any and all claims and liability of any kind arising out of my participate in this event or carelessness of the persons named in this waiver. Further, I grant to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes.

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

(Parent or Guardian must sign if child is under 18)