

PRE-FATHER'S DAY 5K JSRC & PBA 57 PRESENT THE 14TH ANNUAL

# PRE-FATHERS' DAY 5K

SATURDAY JUNE 7, 2008

**Schedule:** 5K Run/Walk—9:00 AM  
Kids Races—10:15 AM

**Location:** Wanamassa Elementary School,  
Bendermere Ave, Wanamassa (Ocean Twp) NJ

**Directions:** From Garden State Parkway North:  
take Exit 102 to Asbury Park circle to Route 35 North  
From Garden State Parkway South:  
take Exit 100A onto Rt#66 to Asbury Park circle to  
Route 35 North  
From Route 35:  
take Sunset Ave. (2 traffic lights North of Asbury Circle)  
East to first traffic light, Logan Road. Turn left.  
On Logan Road, Bendermere is the fourth right.

**Entry Fee:** \$18 before June 1  
\$15 before June 1 for JSRC members  
and Law Enforcement Officers  
\$28 Race Entry and one-year membership to JSRC,  
before June 1  
\$20 after June 1 and on Race Day  
\$7 Kids' Races (with Shirt & Award)

**Awards:** 1st Place Overall M/F  
Top 3 finishers M/F in 10-year age groups  
Top Cop—1st Place Law Officer M/F  
Top Father/Son & Father/Daughter Teams  
Largest Family Entry

**Course:** Flat and scenic 3.1 miles loop through  
Wanamassa, Interlaken, Loch Arbour and Allenhurst.

TO BENEFIT PBA 57  
(OCEAN TWP & ALLENHURST)

**GREAT AWARDS  
POST RACE BBQ  
RANDOM PRIZES**



732 542-6090  
www.jsrc.org



ONLINE REGISTRATION  
WWW.JERSEYRUNNER.COM

Return with check made out to: **JSRC Pre-Father's Day 5K, PO Box 7492 Shrewsbury, N.J. 07702-7492**

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Police Officer: Yes [ ] Where? \_\_\_\_\_

JSRC Member: Yes [ ] Family Team Name \_\_\_\_\_

SHIRT SIZE (CIRCLE ONE):  
YL M L XL

EVENT (CIRCLE ONE):  
5K KID'S RACE

**RELEASE**

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event. 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 the RRCA, Jersey Shore Running Club, its Officers, Members and race volunteers, the City of Ocean Township, Interlaken, Ocean Twp. BOE, Loch Arbour and Allenhurst and their Departments and employees, and all sponsors, their representatives, employees, successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver.

SIGNATURE \_\_\_\_\_  
(Parent or Guardian if under 18)

DATE \_\_\_\_\_