

Sea Girt 5K



Sunday - August 1st, 2010

Sitar Realty Company

www.SeaGirt5K.com

If Registered by July 15th – Race Numbers will be Mailed Out - otherwise Pick-Up.



Live Music

After Party at Fratello's!!!

Great T-Shirts

Kids Races with Fun Activities:

Food & Drink

Rock-Climbing Wall - Games

Chip Timing

Pony Rides - Ice Cream!

Start Times: 5K Run/Walk - 8:30am, Kids Races - 10:00am, Kids Activities – 8:30-10:30am
 T-Shirt & # Pick-Up, Post-Registration: 3:00 - 7:00pm Sat., July 31st (Across from Fratello's
 6:00 – 8:00am on Race Day in Sea Girt)

Start/Finish at the Sea Girt Plaza (Next to Library & Post Office) - Directions on Website



Check Results at WWW.ISRC.ORG

Sea Girt 5K Registration (Print) – Race Numbers will be Mailed out if registered by July 15th.

Last Name										First Name										Age (on race day)		Sex (M or F)	
Address										City										State		Zip	
Phone				EMail																			

Shirt Size (circle one) Adult: S M L XL XXL (\$2.00 extra) Youth: S M L

___ 5K Run/Walk \$20 (Before July 15th, \$25 after including Race Day)

___ Kids Races \$12 (Before July 15th, \$15 after including Race Day)

Mail check or money order payable to "Sea Girt 5K" to: Sea Girt 5K, P.O. Box 393, Sea Girt, NJ 08750

(Incomplete or unsigned forms will not be accepted) For more information contact Mike D'Altrui at 732 259-3655

Liability and Publicity Release: Please accept my entry in the 2009 Sea Girt 5K. I hereby state I have conditioned myself to participate in the event I have chosen. I, for myself, my executors, administrators and assignees, do hereby release and discharge the Sea Girt 5K officials, sponsors, organizers and volunteers from any damages or injuries incurred by my participation in the Sea Girt 5K. I also authorize the Sea Girt 5K officials to utilize any photographs and videotape of my participation in the Sea Girt 5K and related events for any and all purposes. By signing my name below I certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby. Rain or Shine. No refunds or exchanges. Must be present to collect any T-shirts, prizes or promotional items.

Signature _____ Parent Signature if under 18 _____ Date _____

