Road Runners Club of America NJ 5K Championship

Jersey Shore Running Club and PBA Local #10

present

Sgt. Pat's 5K

with 2 Mile Family Walk & JSRC Kids' Races

to Benefit the Sgt. Patrick King Foundation

SAINT BARNABAS HEALTH CARE SYSTEM
Monmouth Medical Center

WWW.JSRC.ORG

Sat. – April 3, 2010 - Long Branch, NJ

TIME: 5K Race - 11:00 AM 2M Walk - 11:05 AM Kid's Races - 11:45 AM

LOCATION: Great Lawn/Promenade, Whitman Terrace and McKinley Street ,Long Branch, GSP Exit 105, Rt 36, South on Ocean Blvd

RACE DAY REGISTRATION: Starting 9:30 AM **Note: Shirts Guaranteed to Preregistered only.**

ENTRY FEE: $20.00 before March 29, $25.00 after March 29, ($18.00 -JSRC Members before Mar. 29 only)

RACE ENTRY AND MEMBERSHIP TO JSRC (COMBO): $33.00 (before Mar. 29)

Kid's Race Fee $7.00 before Mar. 29 - $10.00 Post *(Age 12 and under)*

RANDOM PRIZE DRAWINGS - GRAND PRIZE - AWARDS: Top 3 plus 5-year age groups, plus:
PBA Division *(Top 5 M/F),* Largest PBA team, Largest Law Enforcement Group, Largest School Group

Computerized Scoring - Post Race Pasta Party at The Celtic Cottage

Day of Registration at the Long Branch Great Lawn – Next to the Promenade

Pre-Race Packet Pickup and Registration
Friday April 2, 6 to 8 pm
Celtic Cottage
608 2nd Avenue, Long Branch

INFORMATION: Hotline 732 -571-2162, phinck@comcast.net **Register online** at www.jsrc.org

Return Completed Form with Check made out to JSRC Sgt Pat's, PO Box 46, Long Branch, NJ 07740

Last Name _____ First Name _____ Age ____ Sex (M or F) ____

Address _____ City _____ State ____ Zip _____

Phone _____ EMail _____

Circle Event **5K Run** **2M Walk** **Kid'sRaces**

Circle One Shirt Size: YM YL **Kid's Race** S M L XL XXL **Adult**

JSRC Member (circle) **yes** **or** **no**

PBA Members Local PBA/#_____ *(*Pre-RegisteredOnly)

Law Enforcement Agency _____ (Pre-Registered Only)

School Name/District _____ (Pre-Registered Only)

Registration Fee	$_____
Combo Pre-Reg & JSRC membership ***(only 33)***	$_____
Optional / Additional Donation	$_____
Total	$_____

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 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 the Jersey Shore Running Club, its Officers, Members and race volunteers, the City of Long Branch and its Departments and employees, the RRCA, and all sponsors, their representatives, employees and 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. Further, I grant to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature_____**Date**_____

Parent/ guardian if under 18. ***Must be a signature here.***

For Official Use