

Jersey Shore Running Club  
18th Annual

# TRICK OR TROT

## 5K RACE, FITNESS WALK & PET WALK



To Benefit the Homeless Animals at the Monmouth County SPCA

**ENTRY FEES**  
for 5K Race,  
Fitness Walk & Pet Walk  
\$20.00 up to October 17  
\$25.00 after October 17  
**JSRC Members**  
\$18.00 up to October 17

**KIDS RACES**  
(12 & under)  
\$10.00 up to October 17  
\$15.00 after October 17

**DIRECTIONS**  
Take GSP Exit 105  
(Route 36 East) and follow  
to Seven Presidents Park

**MORE INFORMATION**  
JSRC Website • [JSRC.org](http://JSRC.org)

**REGISTER ONLINE**  
[jerseyrunner.com](http://jerseyrunner.com)

**SUNDAY • OCTOBER 23, 2011**  
**SEVEN PRESIDENTS PARK**

Long Branch, NJ

### SCHEDULE

- 9:30 am **Race Day Registration Pickup**  
**at the Windmill**  
(Across the Street from Seven Presidents Park)
- 10:30 am **Kids' Races (Up to 1/2 Mile)**
- 11:00 am **5K Race & Fitness Walk**
- 11:15 am **Pet Walk (3/4 Mile)**
- 12:00 pm **People & Pets Costume Parade**  
**with Prizes!**



### SPONSORS

### AWARDS & PRIZES

- 5K Awards**  
(No duplicates)
- Top 3 Male/Female
  - Top 3 M/F Age Groups
  - First 5 Costumed Finishers (5K Race)
- Best 5 Costumes in Parade**  
Judged by JSRC Ghouls
- Lots of Random Prizes**  
All Kids Receive a Pumpkin

### AMENITIES

- Quality Commemorative Long-Sleeved Designer Shirt
- Trick or Treat Stops
- Refreshments
- Surprises, Fun & More!

### GREAT POST RACE PARTY

Celtic Cottage  
608 2nd Ave., West End, NJ

TREATS OF FOOD AND TOYS FOR THE ANIMALS AT THE MCSPCA ARE APPRECIATED!

Mail form & check to  
**JSRC Trick or Trot**  
PO Box 7492 • Shrewsbury, NJ 07702

Check one event  
**5K Race**   
**5K Fitness Walk**   
**Kids' Races**   
**Pet Walk**

T-Shirt Size  
 Kids-Med  Kids-Lg  
 Sm  Med  Lg  X-Lg

Optional Donation \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Gender  Male  Female

Signature \_\_\_\_\_

Signature of Parent of Guardian if Under 18 Years of Age \_\_\_\_\_

Email \_\_\_\_\_

Age on Race Day \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

### WAIVER

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, RRCA, Monmouth County Park System and Monmouth County SPCA, its Officers, Members and race volunteers, the City of Long Branch and its Departments and employees, 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 foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Pets are only allowed to participate in the Pet Walk (not the 5K Race or Fitness Walk)