

Jersey Shore Running Club
17th Annual
TRICK OR TROT
FOUR MILE RACE, FITNESS WALK & PET WALK



To Benefit the Homeless Animals at the Monmouth County SPCA

ENTRY FEES
for Four Mile Race,
Fitness Walk & Pet Walk
\$20.00 up to October 18
\$25.00 after October 18
JSRC Members
\$18.00 up to October 18

KIDS RACES
(12 & under)
\$10.00 up to October 18
\$15.00 after October 18

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

MORE INFORMATION
JSRC Website • JSRC.org

REGISTER ONLINE
jerseyrunner.com

SUNDAY • OCTOBER 24, 2010
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 **Four Mile Race & Fitness Walk**
- 11:15 am **Pet Walk (3/4 Mile)**
- 11:45 am **People & Pets Costume Parade
with Prizes!**



SPONSORS

AWARDS & PRIZES

- Four Mile Awards**
(No duplicates)
- Top 3 Male/Female
 - Top 3 M/F Age Groups
 - First 5 Costumed Finishers (Four Mile)
- 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
- Four Mile Race**
- Four Mile 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 _____ Email _____

Gender Male Female Age on Race Day _____

Signature _____ Date _____

Signature of Parent of Guardian if Under 18 Years of Age _____ Date _____

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

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.