



JERSEY SHORE RUNNING CLUB
presents the 14th Annual

Saturday in the Park

"Women Taking Steps to Help Women"

Women's 5K Run & Walk
with Children's Races



September 1, 2007 9:00 am

Labor Day Weekend

Holmdel Park, Holmdel, NJ



www.saturdayinthepark5k.org

732-542-6090

Overall and Age Group Awards - Random Prizes - Guest Speaker - Massage Tent
Post Race Refreshments - Grand Prize Women's Bicycle

Name _____
Street _____
City _____ State _____ Zip _____
Phone _____ Age _____
Email _____

Event
 Women's 5K Run or Walk
 Children's Race - \$5

5K PreEntry: \$20 (age 20 & over)
\$15 (up to age 19)
\$15 JSRC members
5K LateEntry: \$25 ALL after Aug 25

Special Award Categories (please pre-register)

Mother/Daughter partner: _____

Sister/Sister partner: _____

Team or Group (participation award) _____

JSRC Member Competitive RaceWalk

Shirt Size Youth S M L XL

I know that running a road race is a potentially hazardous activity, and that I should not enter 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 weather, including high temperatures and humidity, traffic, and 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, Epiphany House, Providence House, Spring House, the Road Runner's Club of America and the County of Monmouth, including their officers, members, volunteers, departments, employees and successors, 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 the foregoing to use any photographs, motion picture, recordings or any other record of this event for legitimate purposes.

Signature: _____ Date: _____

Parent or guardian (if under 18) _____ Date: _____

I'm running for: _____ (name optional)

Take Steps to Help Women!

Your friends and family are encouraged to give a donation in support of our beneficiaries. Please obtain sponsors and bring donations on race day. Please call 732.571.2162 or email penny@saturdayinthepark5k.org for information and pledge sheet. Run or walk for FREE - Raise \$75 or more in pledges - get free entry, including shirt. Entry and pledge sheet due 8/25.

Learn to Run your First 5K!

Saturday in the Park and the Jersey Shore Running Club offer a beginner's running program, **Womens Running 101**, designed for beginners with little or no previous exposure to running or those who have been out of running for an extended period. Students will develop the necessary conditioning for endurance running and learn the basic techniques for distance running. The program begins in June, and includes 12 weekly instructional training sessions, training schedules, weekly e-mail updates and motivation from the coaches, support materials and a top-quality running shirt. **WR101** is designed to gradually build up the students' running fitness and have them able to comfortably run the **Saturday in the Park 5K**. Contact the coaches at: womensrunning101@yahoo.com, or 732-603-9390 for more information. Class size is strictly limited.

Saturday in the Park Beneficiaries

Epiphany House of Asbury Park & Long Branch.
Provides transitional housing and services to create and maintain a self-affirming life to homeless women and children who seek to recover from addiction. A major goal is to break the chain of addiction by preventing children from repeating these patterns.

Providence House of Catholic Charities in Ocean County.
Offers services to women and children who are affected by domestic violence. Services include emergency shelter, crisis intervention, counseling and therapy as well as community education and training.

Spring House of Eatontown.
Provides interim housing to single female parents and children providing a "springboard" to help residents learn life skills to gain self-sufficiency.

Check to: JSRC-Saturday in the Park	Entry Fee _____
PO Box 7492	Donation _____
Shrewsbury, NJ 07702	Total _____

You can also register online at www.active.com or in person at The Running Store, at the Grove, Shrewsbury.

JOHN F. CONNORS DPM FACFO

ANA J. SANZ DPM

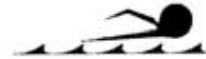
S P O R T S M E D I C I N E

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SBLI Jersey Shore Golden Grand Prix



MONDAY, SEPTEMBER 3, 2007
(Labor Day)

Presented in cooperation with the Jersey Shore Running Club to benefit Habitat for Humanity of Northeast Monmouth County

- ▲ 8:30 a.m. START
 - ▲ Start/Finish: Pier Village, Ocean Blvd, Long Branch, Course - scenic beachfront course
 - ▲ Prizes: 3 Deep in Age Groups with Age Group and Overall Prize Money
 - ▲ Post Race Refreshments
 - ▲ Random Prizes
 - ▲ Entertainment
 - ▲ Kids' Races follow premier event
- Part of the SBLI Kids' Golden Grand Prix

DIRECTIONS:

FROM NY & NORTHERN & SOUTHERN NEW JERSEY
Garden State Parkway to Exit 105. Take Rt. 36 East top end at Ocean Blvd. Turn Right to head South for 1/2 mile on Ocean Blvd. Follow signs for race parking.

FROM TRENTON AND WEST:
I-195 East to Garden State Parkway North GSP Exit 105. Follow above. Call and request a detailed map.

Visit us on the web at: <http://piervillage.jsrc.org>

• www.JSRC.ORG • www.RACEFORUM.COM • www.SHOREAC.ORG • Info: 732 571 2162 • email: piervillage@jsrc.org

 <p>www.SBLIgrandprix.com</p>	<p>The Five Golden Grand Prix Races are:</p> <ul style="list-style-type: none"> • Spring Lake Five Mile Run—May 26, 2007 • George Sheehan Classic, Red Bank—June 16, 2007 • Belmar Five Mile Run—July 10, 2007 • Asbury Park 5K—August 11, 2007 • Pier Village 5K, Long Branch—Labor Day 	<ul style="list-style-type: none"> • Series points awarded overall and per age group. • Open and age group PRIZE MONEY awarded at series end based on points accumulated. • Run all 5 of the SBLI Jersey Shore Golden Grand Prix road races to receive special gift at the final race, and to be included in Grand Prix grand prize drawing.
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FIRST NAME: _____ LAST NAME: _____

PERMANENT ADDRESS (include Apt. #): _____

CITY: _____ STATE: _____ ZIP CODE: _____

HOME PHONE: _____ EMAIL: _____

SEX: MALE FEMALE BIRTH DATE: _____ AGE (on race day): _____

SHIRT SIZE: (check one) Small (S) Medium (M) Large (L) X-Large (XL)

Register today! Please make all checks payable to: **Pier Village 5K**

PIER VILLAGE 5K ENTRY FEES:

- \$17 thru July 15th
- \$20 July 16th thru August 31st
- \$25 AFTER August 31st & ON RACE DAY
- Kids' Races \$5 BEFORE August 31st / \$10 RACE DAY

LIABILITY AND PUBLICITY RELEASE:

(Failure to sign with date will delay processing your application). Please accept my entry in the 2007 Pier Village 5K. I hereby state I have conditioned myself to participate in this event. I, for myself, my executors, administrators and assignees, do hereby release and discharge Pier Village 5K, Inc. officials, sponsors, and volunteers from damages of injuries occasioned by my participation in the Pier Village 5K race. I also authorize race officials to utilize any photographs and video tape of my participation in said race 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. Athletes who participate in this competition will be subject to formal drug testing in accordance with USATF rules and IAAF Rules 144. Athletes found positive for banned substances or who refuse to be tested will be disqualified from this event and will lose eligibility for future competitions. Some prescriptions and over-the-counter medications contain banned substances. Information regarding drug and drug testing may be obtained by calling the USOC Hot Line at 1-800-223-0393. I understand that the events will be held rain or shine and NO refunds will be issued including cancellation due to acts of God.

Signature _____ Date _____
parent signature if athlete is under 18

YOU MAY ALSO REGISTER ONLINE AT ACTIVE.COM

I would like to make a donation to HABITAT FOR HUMANITY:

\$1 \$5
 \$10 _____

Please make all checks payable to: Pier Village 5K

MAIL TO:
Pier Village 5K
Jersey Shore Grand Prix
PO Box 46
Long Branch, NJ 07740

IMPORTANT: You must include a stamped, self addressed, business-sized envelope with each entry. Bib #s will be mailed.

Thanks to:



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Horizon Blue Cross Blue Shield of New Jersey
Making Healthcare Work.

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Of New Jersey

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For your convenience we have extended our **RACE DESK** hours to 9 PM EST. Monday Through Thursday, and 9 AM to 1 PM on Saturdays!

P.O. Box 337 - Atco, New Jersey 08004

Website: www.JPMARKCO.COM

E-mail: sales@JPMARKCO.COM

Monmouth County Park System
24th Annual
SPRINT TRIATHLON

1/4 MILE OCEAN SWIM • 11 MILE BIKE • 4 MILE RUN



Sunday,
 September 9, 2007



SEVEN PRESIDENTS
 OCEANFRONT PARK,
 LONG BRANCH, NEW JERSEY

REGISTRATION

REGISTRATION FEE: \$45.00
 ENTRY MUST BE RECEIVED BY AUGUST 31, 2007.

Fee includes commemorative shirt.

Special circumstance refunds and substitutions may be permitted with notification by August 31, 2007.

Field size limited.

NO POST ENTRIES, NO PARTICIPANT SUBSTITUTIONS.

RACE PACKET PICK-UP (optional):

Saturday, September 8, 10 am-12 noon,
 Seven Presidents Park Pavilion Office.

RACE-DAY CHECK-IN FOR ALL COMPETITORS:

6:15 am-7:30 am, Seven Presidents Park Pavilion Office.

MAKE CHECKS PAYABLE TO:

Board of Recreation Commissioners

MAIL TO: Program Registrations
 Monmouth County Park System
 805 Newman Springs Road
 Lincroft, NJ 07738-1695

PLEASE NOTE:

* Automobile traffic is not restricted from using roads while race is in progress. You must bike on the road's shoulder, obey traffic rules, and be cautious of traffic at all times. BIKE COURSE HAS BEEN "STRAIGHTENED" FOR 2007

* This is a rain or shine event.

* In the event of rough ocean surf, a beach run may be substituted for the swim.

* For additional information, contact the Monmouth County Park System at the Dorbrook Recreation Area: (732) 542-1642 ext. 23 or www.monmouthcountyparks.com rward@monmouthcountyparks.com

2007 SPRINT TRIATHLON PROGRAM NUMBER X0264X

LAST NAME

FIRST NAME

ADDRESS/P.O. BOX

CITY

STATE

ZIP

SEX AGE ADULT SHIRT SIZE
 S M L XL

ATHENA DIVISION (WOMEN 140 LBS.+)
 CLYDESDALE DIVISION (MEN 190 LBS.+)

PHONE NO (DAY)

PHONE NO (EVENING)

First Wave (overall competitive racers only) check box to left

A 7146

In consideration of the acceptance of my application for entry in the Monmouth County Park System Sprint Triathlon I, the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Monmouth County Park System, Monmouth County Board of Recreation Commissioners, Monmouth County Board of Chosen Freeholders, Sandy Hook Unit-Gateway National Recreation Area, the towns of Sea Bright, Monmouth Beach and Long Branch and any person or entity associated with the Sprint Triathlon from any claims, for damages of any nature, arising out of my participation in the event.

I recognize that I must be in good health and of sufficient training and experience in order to participate in the event. I further state that my ability to participate in and successfully compete in this event has been attested to by a qualified, licensed physician. I also give my permission for the use, without fee, of my name and picture in any broadcast, telecast or print media account of this event for promotional and publicity purposes. I further acknowledge that I have read and accept these conditions under which my entry is made.

Participant's Signature _____ Date _____

Parent / Guardian Signature (If under 18) _____ Date _____



4th Annual

TURKEY SWAMP RACE DAY

The Ultimate Event

10 miles, 25K, 20 miles and 50K (31 miles)

August 12, 2007 at 8:30am

at Turkey Swamp Park, Freehold, NJ

Sponsored by the Budzyna Family in Honor of Kathee and in support of Melanoma Awareness.

Start Location & Directions: Turkey Swamp Park Freehold, NJ

- NJ Turnpike to Exit 7A to Interstate 195 east. Follow I-195 east to exit 22. Turn left onto Jackson Mills Rd. north. Follow Jackson Mills Rd. to Georgia Rd., turn left and follow 1.7 miles to main park entrance.
- NJ GSP to Exit 98 to I-195 west to Exit 22. Turn right onto Jackson Mills Rd. north; follow Jackson Mills Rd. to Georgia Rd.; turn left and follow 1.7 miles to main park entrance.
- Hwy. 9 to route 524 west to Georgia Rd., turn left and follow Georgia Rd. 1.7 miles to main entrance.

- **Awards: Top 3 finishers overall (M/F) in each race.** 50K finishers receive finishers' medals and embroidered running hats.
- **Unique Turkey Swamp Race Day T-shirts.**
- **Course: Multiple loops. Start on park dirt road then onto flat single track trail.**
- **Fees: Postmarked by 8/4/07**
 10 mile.....\$20.00
 25K and 20 mile.....\$30.00
 50K (31 miles).....\$55.00

~ ~ NJRRC Summer Picnic ~ ~
at Turkey Swamp Park 8/12/07!
Free for all participants
\$5.00 for all others
(family, friends, etc.)

50K runners:

- pre-registration only. No registration after 8/5/06!
- Time Limit: 7.5 hours – You must finish by 4:00PM!**
- NJRRC members take a \$5 discount on pre-registration.
- **Registration after 8/4/07 add \$5.**
- **No post-registration for 50K.**
- Register online with www.raceforum.com/swamp
- **Make check to: NJRRC-Turkey Swamp Races**
- **Mail to: Races, c/o NJRRC**
 612 Raritan Ave, Atlantic Highlands, NJ 07716
- For more info call Marty Frumkin, RD 732.872.1255 or logon to: www.njrrc.org

I know that running is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. 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 Road Runners Club of America, the New Jersey Road Runners Club, its Officers, Members, and race volunteers, the Monmouth County Board of Recreation Commissioners, the Monmouth County Park System, and employees of these organizations, 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 even though that liability may arise out of negligence or carelessness of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Please Print Neatly!

Signature _____

Parent/Guardian (if under 18) _____

Date _____ Check here if NJRRC member.

Please send me an application for the NJRRC.

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Age _____

Email: _____ @ _____

Circle Event: 10 mile 25K 20 mile 50K

Circle: Male Female T-shirt Size:

Amount Sent: \$ _____ S M L XL 2XL

- Please enclose a self addressed stamped envelope.

Run for Yourself ... Run for the Men in Your Life ... Run for Prostate Cancer Prevention ... Run !!

An APCaP Sponsored Event

Sunday
September
23rd



Ray Perkins

Memorial Race

5k certified run



**LOCATION: Duke Island Park,
Bridgewater, NJ (Central Jersey)**

Free T-shirt to all paid registrants.

Awards to top finishers in each age category.

**AGE GROUPS: 14 and under; 15-19; 20-29;
and ten year increments to 70 and over.**

Door prizes! Fun for the whole family!

SCHEDULE:

8:00 am Registration

9:30 am 5K Certified Run Start

9:45 am 1 Mile Fun Walk

10:30 am Snack, Awards Ceremony & Door Prizes

*Including Two Round Trip Plane Tickets to
Anywhere in Continental U.S.!*



Scenic, Flat and Fast Paved Course in Bridgewater, NJ!

Directions

From Route 287 Southbound: Follow Route 287 South to Exit 17 (Somerville/Routes 202/206 South). When the highways split, take Route 206 South. At the second traffic light make a right turn onto Somerset Street. Follow for approximately 2 miles (road name will change to Old York Road). Duke Island Park will be on the left.

From Route 22 Westbound: Follow Route 22 to Routes 202/206 South. When the highways split take Route 206 South. At the second traffic light make a right onto Somerset Street. Follow for approximately 2 miles (road name will change to Old York Road). Duke Island Park will be on the left.

From 206 North: Follow Route 206 North into Somerville. Make a left turn at traffic light onto Somerset Street (Landmarks - on the right: Annie Sez; and on the left: Granetz Shopping Plaza). Continue on Somerset Street for approximately 2 miles (road name will change to Old York Road). Duke Island Park will be on the left.

Online Registration available at: www.RaceForum.com/perkins (\$0.50 will be donated to APCaP for each online entry).

For More Information Call: 732-271-1248 (Alliance for Prostate Cancer Prevention).

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____ Age: _____ Sex: _____
T-Shirt Size: S M L XL XXL (Circle One)
Signature: _____
Parent/Guardian if under 18

ENTRY FEES:

**"Early" Entry Fee - \$17
(Postmarked by September 12)**

Entry Fee - \$20

NJRRRC Members Fee: \$15

**All proceeds to benefit the Alliance
for Prostate Cancer Prevention.**

Please send with check payable to: "APCaP" c/o Terry Roe, 12 Redwood Rd., Martinsville, NJ 08836

I hereby acknowledge and understand that participation in the 5K Ray Perkins Memorial Run is a potentially dangerous activity. I recognize that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the decision of any event official relative to my ability to safely complete the course. I assume all risks associated with my participation in the event for which I am entering, including but not limited to: falls, contact with other participants, effects of any adverse weather conditions, including but not limited to heat, cold, ice and humidity, traffic and road conditions; all such risks being known and appreciated by me. Having read and truly understood this waiver, knowing these facts and in consideration of acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release APCaP, all sponsors, their representatives, agents, successors, and volunteers from all claims or liabilities of any kind arising from my participation in this event, even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event or my likeness for any legitimate purpose.

Date & Location

Sunday, October 7, 2007 • Liberty State Park

Schedule

8:00 am	Registration
9:30 am	5K Run
9:40 am	2 Mile Health Walk
10:30 am	Kiddie Dash
10:45 am	Awards Ceremony

Registration

By mail or online at www.ACTIVE.com or www.RaceForum.com/negron

Entry Fees

5K	By 9/29	\$15
	2007 USATF BY 9/29	\$13
	After 9/29 & on race day	\$20
2 Mile Health Walk		\$15
50 Yard Kiddie Dash		Free

Course

USATF certified. On Liberty Walk with views of the Statue of Liberty, New York Harbor and the skylines of Manhattan and Jersey City. Flat, fast. Mile splts and water stop.

Awards (Individuals)

1,2,3 Overall and age groups, male and female.

1,2,3 Firefighters and officers

1,2,3 Visiting firefighters

1,2,3 Police officers

Age Groups

14 and Under to 75 and Over...5 Years

Amenities

Free parking • Restrooms • Post race refreshments Long Sleeve Carlos Negron T-shirt • Kiddie Dash

Scoring & Results

www.eliteracingsystems.com

Information

www.OYMP.net

201-991-9103 • 201-434-4714



CARLOS NEGRON MEMORIAL RUN

Sunday, October 7, 2007

Liberty State Park • Jersey City, New Jersey

Benefiting: St. Barnabas Burn Foundation

Hosted by: Jersey City Firefighters

Team Competition Pre-registered only

1. Jersey City Firehouses

Jersey City Fire Fighters will automatically be included in a team competition for their firehouse. Our computer will form three member teams and any number of teams from each firehouse can enter.

2. JC Probationary Firefighters Awards (1 year or less)

1st Place, 2nd Place, 3rd Place

3. Visiting Fire Fighter Teams

Out of Town Fire Fighters are invited to compete as a team for their Department. Team entries must be submitted together. Our computer will score three member teams and any number of teams from each town can enter.

Scoring based on the average of team members scores. Team entries must be submitted by September 29, 2007.



Checks payable and mail to: Carlos Negron Memorial Run • 289 Union St. • Jersey City, NJ 07304

_____	_____	_____	_____
last name	first name		
_____	_____	_____	_____
street	city	state	zip
_____	_____	_____	_____
phone	date of birth	age on race day	
_____	_____	_____	_____
2007 USATF#	email	sex	

Entry Fees (please check only one)

- | | |
|--|------|
| <input type="checkbox"/> 5K By 9/29 | \$15 |
| <input type="checkbox"/> 5K 2007 USATF BY 9/29 | \$13 |
| <input type="checkbox"/> 5K After 9/29 & on race day | \$20 |
| <input type="checkbox"/> 2 Mile Health Walk | \$15 |
| <input type="checkbox"/> 50 Yard Kiddie Dash | Free |

T-Shirt Size S M L XL

If applicable

FDJC Company (pre-registered only)

Probationary FF

Out of Town Fire Department (pre-registered only)

Police Officer... Department Name (City) (pre-registered only)

Waiver / Release: For and in consideration for being accepted to participate in the Carlos Negron Memorial Run, I for myself, my heirs, executors, administrators and assigns do hereby expressly release and discharge the Carlos Negron Memorial Run, Inc. and all other associates of this event (hereafter releases) from all claims, demands, liability actions or judgments of any kind whether caused by the negligence of said releases which I now have or in the future have against releases arising out of my participation in this event. I have been examined by a licensed physician who has approved my participation in this event. I further authorize the use of my name and photograph in conjunction with publicity about this event.

signature (parent/guardian if under 18) _____ date _____

SCHEDULE

Registration Begins at	7:45am
25 Mile Bike Tour	8:30am
12 Mile Bike tour	9:15am
Step Up 1.5 Mile Walk	9:30am
Meadow Breeze 5K Run	10:00am
Kids Sprint for The Arc	10:45am
Post Event Party and Awards	11:00am

REGISTRATION

By mail or online at www.ACTIVE.com or

www.RaceForum.com/meadow

ENTRY FEES

5K	\$18 (\$15 USATF) by 10-01-07 \$20 after 10-01-07 and on event day
Walk	\$10
12 or 25 Mile Bike Tours	\$20 by 10-01-07 \$25 after 10-01-07 and on event day
Kids Sprint	\$5

COURSES

Bike	Scenic, flat, rolling and hills. Magnificent views.
5K	Mostly flat, around and through beautiful Meadow Breeze Park
Walk	Through Meadow Breeze Park
Kids Sprint	Ages 2 to 11...25 to 150 yards

SCORING

www.compuscore.com

AWARDS

5K 1,2,3 overall and age groups, male and female
Bike Tour, Walk and Kids Sprint.....Finishers Medals

AGE GROUPS

14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 plus

PLEDGE PRIZES

Pledge prizes to individuals and teams who raise the most \$\$.

AMENITIES

STEP UP Tee-shirt, pre-event breakfast, post event bar-b-que, random prizes, DJ, kids games

INFO AND DIRECTIONS

732-381-0318 www.OYMP.net

RACE DIRECTION

On Your Mark Productions

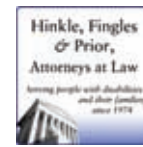


MEADOW BREEZE 5K RUN



Sunday, October 7, 2007

Meadow Breeze Park
52 Kayharts Lane,
Washington Township, NJ
(Warren County)



ENTRY FORM

Checks payable to: The Arc

Mail Entry Fees and/or Pledges to: OYMP, P.O. Box 738, Clark, NJ 07066

Last	First	
Street		
City	State	Zip
Phone	Sex	
DOB	Age on 10/07/07	

2007 USATF#

Waiver: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against, The Arc of Warren County, the Township of Washington, OYMP, their staff, officers, volunteers, successors and assigns for any injuries sustained by me in the Meadow Breeze Run/Bike/Walk. I further state that I am physically able to compete and grant the right for my photographic likeness to be used for post event publicity.

signature (parent or guardian if under 18)

date

EVENT & FEES (please check one)

- 5K, \$18 by 10-1-07
- 5K, \$15, USATF, by 10-1-07
- 5K, \$20 after 10-1-07 and on event day
- Walk, \$10
- 12 or 25 Mile Bike Tour, \$20 by 10-1-07
- 12 or 25 Mile Bike Tour, \$25 after 10-1-07 and on event day
- Kids Sprint for The Arc, \$5

T-SHIRT SIZE (Circle One)

ADULT		
Medium	Large	X-Large
YOUTH		
Small	Medium	Large

tel. 201 391-5269
fax. 201 391-5749

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so why settle for just any bike shop.



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- Our goal is to build the best possible bicycle for you, one size does not fit all
- We will work with you to assess your needs, and fit you without compromise

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ASSOS

27TH ANNUAL
Brielle
 Challenge

Staged by the Brielle Day Race Committee, with
 Jersey Shore Running Club, to benefit Brielle Recreation

BRIELLE DAY HILL & DALE 10K Challenge

RACE START: 9:00 a.m.

Race day registration: 7:30-8:45 a.m

BRIELLE DAY is Saturday, September 8, 2007

Bring the whole family to enjoy a full day featuring: The Hill & Dale Races - Over 100 Quality Crafters and Vendors -
 Carnival Style Food and Drinks - Beer Garden and Music to enjoy - Fire Engine Rides and Kids' Games

RACE REGISTRATION AND FEES

- 10K fee is \$15 for pre-registration (received at Brielle Borough Hall by Sept 1st). Race day \$20.
- T-shirts for all pre-registered runners. T-shirts on race day while they last. 10K race limited to 500 entries.
- 10K Awards presented to the first 3 male and female runners, the first male and female Brielle residents, first firefighter, first law enforcement, and to the top two male and female finishers in 5 year age groups,
- Online registration at www.jerseyrunner.com

GRAND PRIZE DRAWING: a 2006 Trek Mountain Bike **donated by CSE and Brielle Cyclery PLUS** many other fine prizes and give-a-ways for all registered runners (must be present to win)

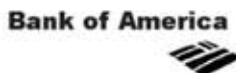
THE COURSE: This premier course runs on the beautiful tree lined rolling hill streets of Brielle, making it New Jersey's Most Challenging 10K Road Race. Course Record (current course): Brock Butler 33:07 (2003). Event Record (original course) Philip Hinck 30:33 (1988).

INFORMATION / DIRECTIONS (732) 528-6600 x100 or JSRC Hotline 732 542 6090 web: www.jsrc.org email: jsrc@hotmail.com

Race Location - Union Lane, Brielle, New Jersey. Starting Line at the Brielle Elementary School

Directions: GSP Exit 98. Travel south on Rte 34, continue south onto Rte 35. Exit at the Brielle Business District sign.

Proceed to the junction with Rte 71. Take Route 71 (north) to first traffic light. Make left onto Union Lane, Brielle Elementary is on the left.



First Name	MI	Last Name	Age	Sex - M or F	T-Shirt (circle):	S	M	L	XL
Address	City		State	Zip Code	Fire-fighter (circle):	Yes	No		
Phone	E-mail				Law Enforcement:	Yes	No		

In consideration for being accepted as a participant in the athletic event described above, I for myself, for my heirs, executors, administrators and assigns agree to assume all risks associated with the athletic competition and also agree that if I am injured or hurt in any way, that I will not make a claim or bring suit against the Brielle Day Committee, Jersey Shore Running Club, all Brielle Officials, employees, agents, coordinating groups, or any individuals associated with the event (hereafter releases), its representatives, successors, and assigns. In addition, I agree not to make any claim against releases for the loss or damage of personal items which may be related to my participation in the athletic competition described above. I expressly waive all rights for claims and damages which I may have against the releases, its representatives, successors and assigns and will hold them harmless for any and all injuries suffered in connection with this event. I have been warned that I must be in good health. In filling out this form, I acknowledge I have fully read, and fully understood the Official Entry Form, and understand my own liability and accept the restrictions described herein.

Signed (parent or guardian if applicant under 18 yrs old) _____ Date _____

MAKE CHECKS PAYABLE to Brielle Day Race Committee
 Mail to: Race Committee - Borough Hall,
 P.O. Box 445, Brielle, NJ 08730-0445

PINE BARRENS SPORTS & TIMING

Supports the

Girard College Alumni Association

"My deeds must be my life, when I am dead my actions will speak for me"

EVENT SCHEDULE

VOLUNTEERS ALWAYS WANTED & NEEDED (FREE T-SHIRT)

SCHEDULE	EVENT LOCATION	RACE INFORMATION
<p>PLEASE CIRCLE EVENT(S) YOU ARE REGISTERING FOR:</p> <p>Saturday, May 19, 2007 Pine Barrens Spring Duathlon 4 mile run, 24 mile bike, 4 mile run Entry fee \$70.00 USTA Member \$80.00 Non USTA Member</p> <p>Saturday, May 19, 2007 Pine Barrens Sprint Distance Triathlon ½ mile swim, 24 mile bike, 4 mile run Entry fee \$85.00 USTA Member \$95.00 Non USTA Member</p> <p>Saturday, September 8, 2007 Pine Barrens Olympic Distance Triathlon 1 mile swim, 24 mile bike, 6 mile run Entry fee \$85.00 USTA Member \$95.00 Non USTA Member</p> <p>Saturday, September 8, 2007 Pine Barrens Autumn Duathlon 4 mile run, 24 mile bike, 4 mile run Entry fee \$70.00 USTA Member \$80.00 Non USTA Member</p> <p>Saturday, September 15, 2007 Pine Barrens Long Distance Triathlon 1.2 mile swim, 55 bike, 13.1 mile run Entry fee \$150.00 USTA Member \$160.00 Non USTA Member</p> <p>8 HOUR TIME LIMIT.. SWIM & BIKE MUST BE COMPLETED IN 5 HOURS.</p>	<p>Atsion Lake Recreation Area, Rt 206 & Medford Atsion Road Shamong, NJ 08037</p> <p><u>All events start @ 9 am, rain or shine</u> <u>Water temperature 70 degrees +/-</u> <u>Wet suits suggested !</u></p> <hr/> <p>AWARDS Plaques for 1st three (3) places overall, male & female. Medallions for 1st three (3) male and female in each age group (5 year increments). NO DUPLICATION OF AWARDS!</p> <hr/> <p>RACE DAY REGISTRATION Between 7:30 & 8:30 am</p> <p>FEES: ADDITIONAL \$ 25.00 <i>Pre-registering is HIGHLY recommended - saves you time and \$\$\$</i></p> <p>FIELD LIMITED TO 350 ENTRIES PER EVENT</p> <p><u>All events start and finish at the Atsion Lake Recreation Area</u></p> <p>DON'T FORGET THE "NO FRILLS SPLASH & DASH TRAINING RACES"</p> <p>ALL EVENTS USA TRIATHLON SANCTIONED!</p>	<p>Race Director: Bruce J. Perazzelli Tel: 856.784.6000 Fax: 856.784.6783 E-Mail Address: info@PineBarrensTri.org Registration: www.PineBarrensTri.org www.active.com Or by snail mail: 62 Berlin Road, Stratford, NJ 08084 MAKE CHECKS PAYABLE TO: "PINE BARRENS TRIATHLONS"</p> <hr/> <p>SUPPORT GROUPS</p> <p>NJ Dept. of Environmental Protection Division of Parks & Forestry State Park Service</p> <p>NJ State Police</p> <p>STAT Medical Transport, Inc.</p> <p>PACKET PICKUP! Day of race between 7:30 & 8:30 am.</p> <p>ALL PARTICIPANTS MUST SIGN AN ACKNOWLEDGEMENT WAIVER & RELEASE FROM LIABILITY FORM (AWRL) ON LINE OR AT PACKET PICKUP!</p> <p>NO SIGN, NO COMPETE!</p> <p>TIMING BY Pine Barrens Sports & Timing We will be using ChampionChip</p>
Last Name	First Name	E-Mail Address
AGE Day of race	SEX	Date of Birth
Address		OFFICIAL USE ONLY
City/Town	State	Zip + 4
Phone	TRI FED/USA Triathlon Member #	RACE #
PACKET PICKUP / Day of Race Between 7:30 am & 8:30 am		TEE SHIRT SIZE(CIRCLE ONE)
AGE GROUP (CIRCLE ONE)		SM MD LGE XLGE
15-19	20-24	25-29
30-34	35-39	40-44
45-49	50-54	55-59
60-64	65-69	70+
PINE BARRENS SPORTS & TIMING <u>NO FRILLS SPLASH & DASH TRAINING RACES</u> @ ATSION RECREATION AREA 1/2 MILE SWIM & 5 K (3.1 mile) RUN 5:30 PM – 8:30 PM Wednesday evenings RACE START TIME 6:45 PM ONE HOUR LIMIT TRI FED SANCTIONED NO AWARDS OR GIVEAWAYS REGISTRATION : ON LINE AT WWW.ACTIVE.COM OR DAY OF RACE ! PRINTBLE REGISTRATION FORM AT WWW.PINEBARRENSTRIORG ENTRY FEE \$ 25.00 PER RACE TRI FED MEMBER \$ 35.00 NON TRI FED MEMBER (ONE TIME \$ 10.00 FEE FOR ALL NO FRILLS SPASH & DASH TRAINING RACE CLINICS / COVERS INSURANCE) DATES Wednesday, June 20, 2007 Wednesday, August 8, 2007 Wednesday, July 11, 2007 Wednesday, August 22, 2007 Wednesday, July 25, 2007 <u>VOLUNTEERS ALWAYS GREETED WARMLY!</u>		

THE TOWNSHIP OF COLTS NECK

Presents

THE 29TH ANNUAL

FAST, SCENIC COURSE
POST RACE REFRESHMENTS
& WATER STOPS
AWARDS TO ALL FINISHERS



CASH AWARDS FOR
TOP RUNNERS
AGE GROUP AWARDS
DIGITAL CLOCK
USATF APPROVED COURSE

10 KILOMETER RUN Sunday, September 9, 2007

Including

THE PACER 1 MILE FUN RUN – 10:00 A.M.
THE COLTS NECK 10 Km RUN – 10:30 A.M.

Conducted By The

COLTS NECK DEPARTMENT OF RECREATION & PARKS
RECREATION COMMITTEE

Sponsored By:



Kenneth W. Faistl, M.D. P.A.

COLTS NECK GIRL SCOUTS

Entry Form - Make Checks Payable to: Colts Neck 10Km Run

Race Number

Mail to: Colts Neck Department of Recreation & Parks
14 Heyers Mill Rd. Colts Neck, NJ 07722

Please enter me in 10Km Run 1 Mile Fun Run I enclose \$20.00 \$3.00 Official Use Only

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

In consideration of my/our accepting this entry, I hereby: for myself heirs, executors, and administrators, waive and release any claims that I may have against the Township of Colts Neck Recreation Committee, County of Monmouth, the Race Committee, or their representatives successors, or assignees for any injuries that are suffered in this event or any media coverage. I certify that I am in physical condition for this event.

Signature _____

If under 18 signature of Parent or Guardian _____

THE TOWNSHIP OF COLTS NECK
Presents
THE 29TH ANNUAL

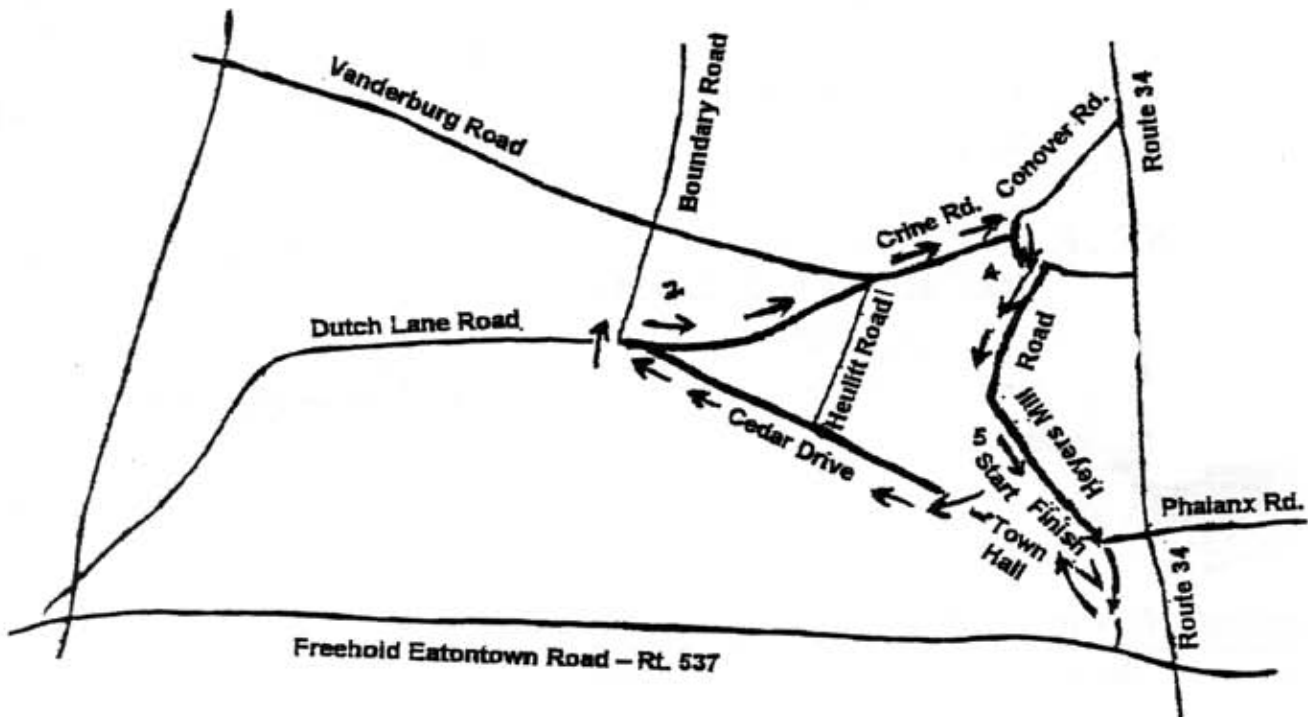


Sunday, September 9, 2007

Including
THE PACER 1 MILE FUN RUN - 10:00 A.M.
THE COLTS NECK 10 Km RUN - 10:30 A.M.

10 KILOMETER RUN

Including
THE PACER 1 MILE FUN RUN - 10:00 A.M.
THE COLTS NECK 10 Km RUN - 10:30 A.M.



10 Km COURSE AND MEET RECORDS

MEN - DR. HAROLD NOLAN, 30:44.3, 1984

WOMEN - ALICIA KELLY, 36:11, 2001

TIME: 9:00 AM - CHECK IN & POST REGISTRATION

10:00 AM - 1 MILE FUN RUN

10:30 AM - 10Km RUN

DATE: Sunday, September 9, 2007

COURSE: Begin and finish at Colts Neck Township Hall, Rural picturesque course over gently rolling hills and scenic settings. Split at 1 and 3 miles, water stops at 3 locations (2, 3½ and 5 mile posts)

FEE: 10 Km Run - \$20.00 per entry 1 Mile Fun Run - \$3.00 per entry (Ribbon Awards Only)
Make checks payable to: Colts Neck 10Km Run

AWARDS: Special custom 100% cotton T-shirts to all registrants in 10Km Run (First 300 to Register)
Custom race medals to all finishers
Championship Plaques to top five male and female finishers
Plaques to First Place Colts Neck male and female finishers
Plaques to top three male and female in the following categories: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 - over
SPECIAL PERFORMANCE AWARD
Expense cash award of \$50.00 to be given to the first place finisher in both the male and female categories
Ribbons to all finishers in 1 Mile Fun Run



HENRY HUDSON TRAIL 8 MILER

Sun., Sept. 9, 2007

9:30 am Start

(Registration opens at 8:00 am)



**Bagels by the
Hot Bagel Bakery
of Oakhurst**



A UnitedHealthcare Company

*Part of the NJRRRC
Grand Slam Series*

• This fast and flat 8 mile course will run along the paved Henry Hudson Trail through the towns of Leonardo, Belford, Port Monmouth, and North Middletown.

- All Finishers will be timed.
- Great tune-up for your Fall marathon.
- Overall and Age Group Awards

Register online:

www.RaceForum.com/henryhudson

- Join the NJRRRC by including a separate check for \$20. A membership card will be mailed.

START LOCATION & DIRECTIONS

Leonardo First Aid Bldg. (Middletown Twp.)

From the NJ GSP., take Exit 117 to Rt. 36 South.

Go about 9 miles to Hosford Ave.

(Academy Bus Terminal), then take the jughandle.

Go left on 36 North, right on Thompson Ave.,

then left on Viola Ave.

- Please park in lot at Rte. 36 South and Appleton Ave.

(one block west of Thompson Ave.)

8 Miler fee: \$20.00 (postmarked by 9/1)

NJRRRC members: \$15.00 (postmarked by 9/1)

After 9/1 and day of registration: \$25.00

(shirt size guaranteed to all pre-reg. runners)

**Make check to: NJRRRC 8 Miler. Mail to: NJRRRC 8 Miler, PO Box 198, Oceanport, NJ 07757
For more information call Race Director Susan Mazzeo: 732-530-6561**

I know that running is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. 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 conditions of your accepting my entry, I, myself, and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the New Jersey Road Runners Club, its Officers, Members, and race volunteers, the Township of Middletown, the Middletown PBA 124, the Leonardo First Aid Squad, the Monmouth County Board of Recreation Commissioners, the Monmouth County Park System, and the employees of these organizations, 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 names in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Please Print Neatly!

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age (on day of race) _____

Circle: M F Shirt size: S M L XL 2XL

Amount sent: _____

Signature _____ Date _____

Parent/Guardian (if under 18) _____

I am a member or the NJRRRC

Please send me an application for the NJRRRC

The 2nd Annual....

Race to *Peak* Performance

Sunday, September 16, 2007



5 K Run

Rain or Shine – This event will be held in conjunction with the American Heart Association’s **Start!** Mercer County Heart Walk.

LOCATION: Mercer County Park Marina, 1675 Old Trenton Rd, West Windsor, NJ
www.ath-edlacrosse.com/Directions_MercerCountyPark.htm



SCHEDULE:

- 8:30 am Registration
- 9:30 am Run Start!
- 9:30 am Heart Walk Registration
- 10:00 am Run Awards
- 10:30 am Heart Walk

Please check one: ___ \$25 Pre-Register no later than:
Monday, September 10, 2007
 ___ \$30 Day of Run

Online Registration at www.raceforum.com/peak

Please make checks payable to:
 American Heart Association



- Top Three Male & Female Overall
- Top Two Male & Female in the following age groups:
 7 & under, 8-10, 11-13, 14-19, 20-24, 25-29, 30-34,
 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+.

NAME: _____ Male Female Age

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

E-MAIL: _____ T-Shirt Size: S M L XL XXL

TELEPHONE #: _____ - _____ - _____ CELLULAR #: _____ - _____ - _____

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, & administrators waive & release any claims I may have against American Heart Association and any and all parties, groups, organization, volunteers, sponsors, and (or) any representatives involved in the Race to *Peak* Performance 5 k Run for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

SIGNATURE: _____

Mail Forms To: American Heart Association, 1 Union Street, Robbinsville, NJ 08691 609-223-3716



11th Annual
Berkeley Heights 5K
And Fitness Walk



Sunday, Sept 23, 2007 9:30 AM
Memorial Field
Berkeley Heights NJ

Check out our website at www.berkeleyheights5k.com

Sponsored By:



Register online at www.active.com or Mail Registration with payment to:
The Berkeley Heights 5k Run, 134 Snyder Ave, Berkeley Heights NJ 07922

Registration for 5K run 1.5 mile walk

Last Name _____ First Name _____

Address _____ City/Town _____

State _____ Zip code _____ Phone() _____

Shirt Size: M L XL Age on September 23, 2007 _____

Sex F M Date of Birth _____ Wheelchair applicant Y

Fees paid by 9/10/07 \$17 General public \$15 USATF-NJ member

After 9/10/07 or on race day (no guarantee of t-shirt) \$20

2007 USATF Member # _____ **Questions? Call 908-464-8899**

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against Smith Chiropractic Center or the township of Berkeley Heights or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am in physical condition for this event, and I further authorize the use of my name and/or photograph about this event.

X _____ X _____
 Signature required parent or guardian signature if applicant is under 18 years

Treasure Island
Sprint Triathlon

1 Weekend — 3 Events
www.pointpleasantfoundation.org
For More Details, Course Maps, etc



NEW! Kids Triathlon
Saturday September 22nd
NEW! Swim Triathlon
Sunday September 23rd
4th Annual Kayak Triathlon
Sunday September 23rd

Kids Triathlon

Swim Triathlon

Kayak Triathlon

Date: Saturday September 22nd
Time: 5:00 PM Start
Registration: 3:00—5:00 PM
Early Registration Fee: \$20.00 until Sep 14. **Late Registration** add \$10.00
Location: Maxson Avenue Beach, Point Pleasant, NJ 08742

Distances:

7-8; 9-10	11-12; 13-14
Swim: 100 Yards	Swim: 200 Yards
Bike: 8/10 Mile	Bike: 1.75 Miles
Run: 6/10 Mile	Run: 1.25 Miles

Check gender and age group

- Male Female
- 7-8 9-10
- 11-12 13-14

Sponsored By:



Date: Sunday September 23rd
Time: 8:45 AM Start
Location: Maxson & River Ave Beaches, Point Pleasant, NJ 08742
Early Registration Fee: \$60.00 until Sep 14. **Late registration** add \$10

Race closes at 200 entrants

Distances

Swim: 600 Meters
Bike: 10.5 Miles
Run: 3 Miles

Check gender and age group

- Male Female
- 15-19 45-49
- 20-24 50-54
- 25-29 55-59
- 30-34 60-64
- 35-39 65-69
- 40-44 70 & up

Date: Sunday September 23rd
Time: 9:00 AM Start
Location: Maxson Ave Beach Point Pleasant, NJ 08742
Early Registration Fee: Solo—\$30.00
2 Person Team—\$40.00; 3 Person Team—\$50.00
Late Registration after Sep 14 add \$10.00

Distances

Kayak: 1.5 Miles
Bike: 10.5 miles
Run: 3 Miles

Check gender ; solo or team, and age group

- Male Female Mixed Team
- Solo 2 Person Team 3 Person Team
- | | |
|-------------------------------------|---|
| Solo age groups | Combined age of 2 & 3 person teams |
| <input type="checkbox"/> 19 & under | <input type="checkbox"/> 50 & under |
| <input type="checkbox"/> 20-29 | <input type="checkbox"/> 51-100 |
| <input type="checkbox"/> 30-39 | <input type="checkbox"/> 101-150 |
| <input type="checkbox"/> 40-49 | <input type="checkbox"/> 151& up |
| <input type="checkbox"/> 50-59 | |
| <input type="checkbox"/> 60-69 | |
| <input type="checkbox"/> 70 & up | |

Optional Registration Packet Pick-Up and Body Marking will be available on Saturday September 22nd at the Maxson Avenue Parking Lot from 3:00 PM—5:00 PM. Registration and Packet Pick-Up will also be available before the races on Sunday September 23rd from 6:00 AM until 8:15 AM **Online Registration available at www.RaceForum.com/treasure**

Solo entries and Team Captain's fill in the following: Team Name: _____
 First Name _____ Last Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Home Phone _____ Age _____ Email Address _____
 Kid Shirt Size (Circle One) S M L Adult Shirt Size (Circle One) S M L XL

Team Participants fill in the following:
 1. First Name _____ Last Name _____ Age _____
 Adult Shirt Size (circle one) S M L XL
 2. First Name _____ Last Name _____ Age _____
 Adult Shirt Size (circle one) S M L XL

** All registrants must sign waiver and liability statement prior to the start of the race.
For more information contact Dave Johnson at 732-892-9374 or the website at pointpleasantfoundation.org
Make checks or money orders payable to: Point Pleasant Foundation. Send registration form with check or money order to: Point Pleasant Foundation, PO Box 3171, Point Pleasant, NJ 08742.

2007 Manasquan Reservoir Five Mile Run



Presented By The Monmouth County Park System

Sunday, September 23, 2007

9:00 am start

MANASQUAN RESERVOIR, WINDELER ROAD, HOWELL TOWNSHIP

COURSE: The scenic 5-mile loop passes through the woodlands and marshes of this 1,052 acre recreation area. The perimeter trail offers the beginner and experienced runner an ideal cross-country type course.

REGISTRATION: \$20.00 pre-registration must be received by September 14.
 \$25.00 on race day; registration starts at 7:30 AM
 Make checks payable to: Board of Recreation Commissioners
 Mail to: Program Reservations
 Monmouth County Park System
 805 Newman Springs Road
 Lincroft, NJ 07738-1695



AWARDS: Awards are presented to the top three men and women finishers as well as the first three in the following age groups: 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and up. Race-walker award is also given.

DIRECTIONS: From Route 9, exit East onto Georgia Tavern Road in Howell, then right onto Windeler Road.
From I-195, use exit 28 for Route 9 North and continue as described above.
From Garden State Parkway, use exit 98 for I-195 West and continue as described above.

A course map additional directions, and other race details will be mailed to all pre-registered runners.
 For additional information, please call (732) 542-1642 extension 27. www.monmouthcountyparks.com

MANASQUAN RESERVOIR FIVE MILE RUN Entry Form Please Print PROGRAM # X0474X

<input type="text"/>	<input type="text"/>	Official use only
LAST NAME	FIRST NAME	
<input type="text"/>		
ADDRESS/P.O. BOX		
<input type="text"/>	<input type="text"/>	<input type="text"/>
CITY	STATE	ZIP
AGE (day of race) <input type="text"/>	SEX <input type="text"/>	WALK <input type="text"/> RUN <input type="text"/>
		ADULT SHIRT SIZE <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
		S M L XL
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE NO (DAY)	PHONE NO (EVENING)	

WAIVER: PLEASE READ CAREFULLY AND SIGN
 In consideration of the acceptance of my application for entry in the Manasquan Reservoir Five Mile Run, I, the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Monmouth County Board of Recreation Commissioners, Monmouth County Board of Chosen Freeholders, The New Jersey Water Supply Authority and any person or entity associated with the race from any claims for damages of any nature arising out of my participation in the event.
 I recognize that I must be in good health and of sufficient training and experience in order to participate in the event. I further state that my ability to participate in and successfully compete in this event has been attested to by a qualified, licensed physician. I also give permission for the use, without fee, of my name and picture in any broadcast, telecast or print media account of this event for promotional and publicity purposes. I further acknowledge that I have read and accept these conditions under which my entry is made.

x _____
 Participant's Signature DATE

x _____
 SIGNATURE (Parent or Guardian if under 18) DATE

Online Registration Events at RaceForum.com

Direct Links to the event. No searching!

7/14	Vincetown Sprint Triathlon/Duathlon	RaceForum.com/dq	9/23	14th Annual Newport Liberty Half Marathon	RaceForum.com/newporthalf
7/15	Nike Bunker Loop 5k Challenge	RaceForum.com/nikebunkerloop	9/23	The Ray Perkins Memorial Race	RaceForum.com/perkins
7/15	Sprintin' Clinton	RaceForum.com/Sprintin	9/23	Treasure Island Sprint Triathlon	RaceForum.com/treasure
7/21	Matawan 5k Fun Run & Walk	RaceForum.com/matawan	9/29	Carnegie Center 5K & 1 Mile Fun Run for the Parkinson Alliance	RaceForum.com/carnegie
7/21	Packanack Day 5K & Kids Run	RaceForum.com/Packanack	9/29	Carpenter's Classic	RaceForum.com/carpenter
7/21	10th Annual Teterboro Airport 5K	RaceForum.com/Teterboro	9/29	Dunellen Run For Education	RaceForum.com/dunellen
7/28	The 33rd Annual Andrew B. Manning Ocean Mile Swim	RaceForum.com/manning	9/30	Long Branch Sprint Triathlon Series-4	RaceForum.com/lbtri
7/28	Ole Towne Festival 5k	RaceForum.com/oletowne	9/30	Allaire 5k Cross Country Run	RaceForum.com/allaire
7/29	Long Branch Sprint Triathlon Series-2	RaceForum.com/lbtri	9/30	7th Annual Brian's Run for Tomorrows Children's Fund	RaceForum.com/brian
8/4	15th Annual Rainbow Channel Challenge	RaceForum.com/Rainbow	9/30	Jeff's Run - in memory of Firefighter Jeff Giordano lost on Sept. 11th	RaceForum.com/jeff
8/11	Tinton Falls Rotary Club 2007 5k Race	RaceForum.com/tintonfalls	10/7	35th Annual LBI Commemorative 18 Mile Run	RaceForum.com/lbi
8/12	DQ Triathlon at Kings Grant	RaceForum.com/dq	10/7	2nd Annual Step up for the Arc Meadow Breeze 5k	RaceForum.com/meadow
8/25	Three Bridges Volunteer Fire Comapny 5 mile Run	RaceForum.com/3bridges	10/7	Carlos Negron Memorial Run	RaceForum.com/negron
8/25	Friendship 5K	RaceForum.com/Friendship	10/13	5th Annual Hit the Bricks 5-Miler	RaceForum.com/bricks
8/25	Lacey Township Alliance 5k Run	RaceForum.com/lacey	10/13	Run for Darren	RaceForum.com/darren
8/25	Shore Runner Summer Showdown	RaceForum.com/shore	10/13	Friends of Dottie's House 8th Annual 5K Run/Walk	RaceForum.com/dottie
9/1	DQ Triathlon at Marlton Lakes	RaceForum.com/dq	10/14	Little Silver Classic	RaceForum.com/littlesilver
9/2	Crossroads Of New Jersey	RaceForum.com/crossroads	10/14	Run 4 Lupus 4 Miler	RaceForum.com/lupus
9/2	War at the Shore Triathlon	RaceForum.com/war	10/14	The 13th Annual Shrewsbury 5K Classic	RaceForum.com/shrewsbury
9/9	5th Annual Fallen Heroes Memorial Run	RaceForum.com/heroes	10/14	Summit Y 5	RaceForum.com/summit
9/9	Henry Hudson Trail 8 Mile	RaceForum.com/henryhudson	10/21	The Terri Roemer Paramus Run	RaceForum.com/paramus
9/16	Peak Performance 5k run	RaceForum.com/peak	10/21	Seaside Half Marathon & 5K	RaceForum.com/seaside
9/22	24th Annual Cape May Beach Front Run	RaceForum.com/capemay	10/28	Aberdeen Haunted 5K	RaceForum.com/aberdien
9/22	Vineland Exchange Club Triathlon/Duathlon	RaceForum.com/dq	10/28	Safe Dating Challenge	RaceForum.com/safedate
9/22	Treasure Island Kids Triathlon	RaceForum.com/treasure	11/17	The Goodwill 5000	RaceForum.com/goodwill
9/23	Crest Adventure Race	RaceForum.com/crest			

Just type in, & register. Ad Your Event Today!

RaceForum.com/Registration

Running Events continued from page 24

7/21/2007 Moonachie NJ - 10th Annual Teterboro Airport 5K, 5k, 8:30am, kids races, 9:30, 732-381-0318
mzrace@oymp.net

7/21/2007 Farmingdale NY - Long Island Womens 5k Run, 5k,9am, 516-349-7646 spolansky@aol.com

7/21/2007 Matawan NJ - Matawan 5k Fun Run & Walk, 5k, 8:30am, 908-601-3739 buragina@aol.com

7/22/2007 Dewey Beach DE - Inaugural Grog Shop 5k Run/Walk, 5k, 8:30am, 302-654-6400 info@races2run.com

7/22/2007 Princeton NJ - Eden Family 5k, 5k, 9am, 1 mile fun run, 8:30, 609-631-9211 fennelly@fennelly.com

7/23/2007 Long Branch NJ - Lake Takanassee Summer Series, 1500mtr kids,6:30pm,5k run/walk, 6:45, 732-222-1348

7/25/2007 Freehold NJ - FARC Summer Series 5k, 5k, 6:45, mile, 6:30pm, kids races 6pm, 732-431-2627 webmaster@farcnj.com

7/25/2007 Westfield NJ - Downtown Westfield 5k Pizza Extravaganza, 5k, 7pm, 908-789-9444 mzrace@oymp.net

7/26/2007 Hartford CT - X-Treme Scramble 2, 5k fun race, 860-652-8866 beth@hartfordmarathon.com

7/26/2007 Wall NJ - JSRC Summer Series, 3 mile, 7pm, 1mile, 6:45 1/2 mile, 6:30, 732-542-6090 jsrc@hotmail.com

7/28/2007 Reidsville NC - "Take Pride in Your Hide" 5k XC Run/Walk, 5k, 9am, 704-880-4561 takepride5k@aol.com

7/28/2007 Phillipsburg NJ - Ole Towne Festival 5k, 5k, 6:30pm, 908-859-2823 cmbowman1@verizon.net

7/29/2007 Mt Penn PA - Mt Penn Youth Soccer's Winning Kick 5k, 5k, 9am, 610-779-2668 rhornpcs@aol.com

7/30/2007 Long Branch NJ - Lake Takanassee Summer Series, 1500mtr kids,6:30pm,5k run/walk, 6:45, 732-222-1348

7/31/2007 Jones Beach NY - Marcum & Kleigman Workplace Challenge, 3.5mi,7pm, 516-349-7649 spolansky@aol.com

7/31/2007 Boonton Twp NJ - Morris County Striders Summer Series, 5k, 7pm, 973-263-5529 striderseries@optonline.net

8/1/2007 Freehold NJ - FARC Summer Series 5k, 5k, 6:45, mile, 6:30pm, kids races 6pm, 732-431-2627 webmaster@farcnj.com

8/4/2007 Neptune City NJ - Neptune City Day 5k, 5k, 8am, 732-776-7224 x 27 marysapp@juno.com

8/4/2007 Dewey Beach DE - 5th Venus on the Half Shell 5k Run/Walk, 5k, 302-654-6400 info@races2run.com

8/4/2007 Milford Twp Manasquan NJ - 12th Annual River To Sea Relay, 92 Miles, 7 Person Teams, 732-381-0318 mzrace@oymp.net

8/4/2007 Sea Isle City NJ - Captain Bill Gallagher Island Run, 10mi,5:30 pm, 609-263-3655 after 6/17/06

8/4/2007 Dewey Beach DE - 5th Venus on the Half Shell 5k Run/Walk, 5k, 302-654-6400 info@races2run.com

8/5/2007 Reading PA - Grings Mill 5k & 10k Runs, 5k, 10k, 9am, 610-217-5564 pt_guru@yahoo.com

8/5/2007 Sea Girt NJ - The Sea Girt 5k, 5k8:30am, fitness walk, 8:35am, kids fun run, 9:45, 732-259-3655 mdahtrui@conoverbeyer.com

8/6/2007 Long Branch NJ - Lake Takanassee Summer Series, 1500mtr kids,6:30pm,5k run/walk, 6:45, 732-222-1348

8/6/2007 Newton NJ - X-Treme Youth Running Camp, 9 am to Noon, Monday through Friday8/6-8/10, 973-383-7933 Xtremerruncamp@aol.com

8/7/2007 Boonton Twp NJ - Morris County Striders Summer Series, 5k, 7pm, 973-263-5529 striderseries@optonline.net

8/8/2007 Evansburg PA - Legs For Lindsey, 5k run, 7pm, 215-872-0148 chanebury@msn.com

8/8/2007 Berwyn PA - Twilight 5k Road Race, 6k, 6:45pm, 610-647-9622 barbara.brown@umly.org

8/9/2007 Newton NJ - 8th Annual Christmas in August 5k & Santa Sprint for Kids, 5k, 7pm, Kids Sprints, 6:30, 973-383-7933 BearsRunningClub@aol.com

8/11/2007 Ocean City NJ - Guts & Glory 5K Run/Walk, 5k, 7:30am, 215-396-9100 philadelphia@ccfa.org

8/11/2007 Asbury Park NJ - Asbury Park 5k, 5k, 8:30am, 732-542-6090 asburypark@jsrc.org

8/11/2007 Tinton Falls NJ - Tinton Falls Rotary Club 2007 5k Race, 5k, 8:30am, 1 mile fun walk, 8:30am, 732-530-9610 jbuckman@buckmanbuckman.com

8/12/2007 Freehold NJ - Turkey Swamp Race Day, 50k,20 mile, 25k, 10 mile,7:30am, 732-872-1255 martyfrumkin@yahoo.com

8/12/2007 Reading PA - 11th Annual Half Wit Half Marathon Trail Run, 13.1 Mile Trail Run, 9am, 610-779-2668 rhornpcs@aol.com

8/12/2007 New Hartford CT - Litchfield Hills Olympic Distance Triathlon, .9 mile swim, 24.8 bike, 6.2 mile run, 7:30 am, 860-652-8866 info@hartfordmarathon.com

8/12/2007 Hammonton NJ - Batsto Pig Iron 5K, 5k, 9am, 2 mile walk, 9:10, kids dash 9:45, 866-841-9139 x 3807 runbatsto@verizon.net

8/13/2007 Long Branch NJ - Lake Takanassee Summer Series, 1500mtr kids,6:30pm,5k run/walk, 6:45, 732-222-1348

8/15/2007 Pennington NJ - The Flying Pig 5k, 5k, X Country,7pm, 609-737-1838 rritter@pennington.org



Dunellen's TENTH Annual "Run for Education"

5K Race & 1 Mile Fitness Walk/Run

STARTING TIMES: 1 MILE 9:30 / 5K 10:00

SATURDAY, SEPTEMBER 29, 2007

at Dunellen High School



Great T-Shirt Design

What:

5K Race through Dunellen
Plus a One Mile Fitness Walk / Run

Where:

Starting Line at Dunellen High School
located between Lincoln and Madison
Avenues in Dunellen, NJ

GIVE AWAYS:

- Free Custom Designed Beefy T-Shirt (or equivalent) to the first 500 applicants!!!
- Door Prizes, Refreshments, Music, Runners Packages with give-aways and coupons
- Race results posted on race day, mailed to your home and available on the Internet at:
<http://www.CompuScore.com>

Fast Tree Lined Course

5K COURSE:

Runners will enjoy a fast, flat course through the beautiful tree lined streets of Dunellen.
(Water Stations and Split Times)

Important: All events will be held **rain or shine.** Early packet pick up is on the Friday prior to the event, from 5 pm until 8 pm at Dunellen High School. Late registration and packet pick up is 8:00 am to 9:00 am on race day at the Dunellen High School Cafeteria (driving and parking directions on reverse side).

Please no Roller Blades, Scooters, Bicycles or Skateboards

More info at <http://www.dunellen.org>

Online Registration available
www.RaceForum.com/dunellen

AWARDS & EXTRAS!!!!

5K Run Special Prizes to:

- Top three overall male and female (first place receives a Mountain Bike)
- Top 3 overall male and female (excluding winners above) in 5 year age groups
- Top 3 male and female (Dunellen students)
- Great Door Prizes!
- Professionally timed by Compuscore

1 Mile Fitness Walk / Run

All youth participants receive medals

Accessible to Handicapped
Runners and Spectators



"Dunellen runs a top race. The course is flat and fast, run through the tree lined streets of Dunellen. With its long straightaways, it was the perfect course for me."
Doug Brown - National Masters Champion - Raritan Valley Road Runners

FIRST NAME: _____ LAST NAME: _____

Mailing Address _____ City _____ State _____ Zip _____

E-Mail _____

Phone _____ Day _____ Date of Birth _____ Age on _____ Handicap _____ Sex _____ T-shirt _____
or Evening _____ mm-dd-yy _____ race day _____ Y/N _____ M/F _____ YM _____ YL _____ M _____ L _____ XL _____

2007 USATF-NJ # _____ (Required for New Balance Grand Prix Scoring) Size _____

Mail Completed Entry Form to : The Dunellen Education Foundation P.O. Box 4106 Dunellen, NJ 08812

	5K	1 Mile Fitness Walk/Run	PRE-Registration Before September 29 th	5K	5K USATF NJ Member	1 Mile Fitness Walk/Run	Check here if you are a Dunellen Student
LATE Registration	<input type="checkbox"/> \$20	<input type="checkbox"/> \$12	Online Registration available www.RaceForum.com/dunellen	<input type="checkbox"/> \$18	<input type="checkbox"/> \$13	<input type="checkbox"/> \$10	<input type="checkbox"/>

Make Checks Payable to The Dunellen Education Foundation, Inc.*** I am unable to participate but wish to support the Dunellen Education Foundation with a donation of \$ _____

Release: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound for myself, heirs, executors, and administrators, waive and release any and all claims for damages and injury I may have against The Dunellen Education Foundation, Inc., the Town of Dunellen, their agents, servants, successors, and all other persons or entities involved in the promotion or staging of the Dunellen Run for Education 5K Run, the 1 Mile Fitness Walk / Run race and general participation in the days events. I also give my permission for the use, without fee, of my name and picture in any broadcast, telecast, or print media account of this event for promotional and publicity purposes. I attest and verify that I am physically fit and have trained sufficiently for this event to be held on Saturday, September 29, 2007 in the Town of Dunellen, NJ.

Signature _____ Date _____

Must be signed for application to be valid.

Parental consent & Signature (if under 18 yrs. Old)

St. Joseph's 10th Anniversary CARPENTER'S CLASSIC



5K & 1 MILE RUN SATURDAY, SEPTEMBER 29

2 0 0 7

SPONSORED BY:

CITTA FOUNDATION • THE D'ONOFRIO FAMILY • COMMUNITY MEDICAL CENTER
ST. ELIZABETH ANN SETON CHURCH • HEALTHSOUTH REHABILITATION HOSPITAL
MULVANEY, CORONATO & BRADY, ATTORNEYS AT LAW
Orthodontics - STEVEN ASANZA, D.M.D.



Early Packet Pick-Up: Friday, September 28 • 5-7:30 p.m. - Saw Mill Cafe on the Boardwalk
Race Day Registration Begins: 8:00 AM - Saw Mill Cafe • Stockton Ave. • Seaside Park, NJ
• Registration closes 30 minutes before each race.

Applications Available Online: www.compuscore.com or www.RaceForum.com/carpenter
Entry Fees: 5K Run/Racewalk, One Mile Fun Run/Walk
\$20 Postmarked by September 17th
\$25 From September 18th



RUN/WALK WITH THE STARS CONTEST

STARS NAME _____

Course: A fast, flat, simple, accurate out and back course along the Atlantic Ocean.
9:15 AM - One Mile Fun Run/Walk
10:00 AM - 5K Run/Racewalk

RAIN or SHINE

Awards: (No Duplicates) 5K Run - Top Overall 3 Male & Female: \$75,50,25/Top Male & Female Master (Age 40+) \$25.00 plus Trophies
Age Group Awards: Top 3 Male & Female in 5 year age group increments: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.
Alumni: NEW! Msgr. Donovan/St. Joseph High School Top 3 Overall Male & Female.
Racewalk: Top 3 Overall Male & Female (walkers use honor system, i.e.: no running).
1M Run: Top 3 Overall Male & Female - Medals to all participants.



Amenities: Commemorative 10th Anniversary Gifts, Quality Designer Long Sleeve T-Shirts guaranteed to all pre-registrants. Post registration while the supply last. Goodie Pack, Post-Race Random Drawing, Entertainment, Computer Scoring & Super Post-Race Meal.
Directions: Garden State Parkway South to Exit 82. Follow Route 37 East over Barnegat Bay. Follow signs to Seaside Park onto Central Ave. Left onto Lafayette Ave. Left onto Ocean Avenue to Stockton Ave.

Information: Race Director Frank Mari at 732-349-6115/732-349-1562 or Race Coordinator Tony C. at 732-349-0018, x2228.

St. Joseph's Carpenter's Classic 5K and One Mile Application Form

(Please Print Clearly)

Shirt Size: S M L XL XXL Youth (L)
(Circle One)
Alumnus: Yes No

Name _____
Address _____
City _____ State _____ Zip _____ 5K Run 5K Walk 1 Mile Fun Run/Walk
Telephone _____ Email _____

Age on race day _____ **Must be completed for awards.**

I know that participating in the Carpenter's Classic is a potentially dangerous activity. I should not enter or participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running/walking this event including but not limited to falls, contact with other participants, the effect of 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 St. Joseph's Parish, including its schools, Carpenter's Classic officials, sponsors, volunteers and the Township of Seaside Park from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

RUN/WALK WITH THE STARS CONTEST

STARS NAME _____

X _____
Participant's Signature (If under 18, parent/guardian) Date

BENEFITING: St. Joseph's Parish, its Schools and Interfaith Hospitality Network.

MAKE CHECKS PAYABLE TO: CARPENTER'S CLASSIC

MAIL TO: ST. JOSEPH'S CARPENTER'S CLASSIC, 685 HOOPER AVE. · TOMS RIVER, NJ 08753

YOU MAY COPY THIS FORM FOR OTHERS

CHECK LIST:
 Entered correct race
 Alumnus y or n
 Completed & signed entry form
 Age on race day
 Shirt size indicated
 Check or money order
 Payable to Carpenter's Classic

7th Annual
Brian's Run
 for Tomorrows Children's Fund

Sunday, September 30th, 2007
 Wayne, NJ



B
 new balance
 north jersey

New Balance
 Grand Prix
 500 points

LOCATION:

Albert Payson Terhune Elementary School
 40 Geoffrey Way
 Wayne, New Jersey 07470

SCHEDULE:

7:30 a.m. - Registration begins
 8:15 a.m. - Registration ends for 10K
 8:30 a.m. - 10K race begins
 9:45 a.m. - Registration ends for 5K
 10:00 a.m. - 5K race begins

REGISTRATION:

By mail or online at www.active.com
 or www.raceforum.com/brian

ENTRY FEES:

10K / 5K

\$19 - pre-registration (by Sept. 25th)
 \$23 - after Sept. 25th thru race day

10K / 5K USATF

\$17 - pre-registration (by Sept. 25th)
 \$23 - after Sept. 25th thru race day

COURSE:

USATF Certified
 Flat, rolling hills through residential Wayne Township

AWARDS:

1st, 2nd & 3rd overall male & female and age groups

AGE GROUPS:

10K - 19 & under - 75 & over
 5K - 14 & under - 75 & over

AMENITIES:

- Custom designed Brian's Run T-shirt
- Pre / post race refreshments
- Goodie bags
- DJ
- Prize Drawing / Raffle

INFORMATION & DIRECTIONS:

visit: www.briansrun.com
 email: briansrun@yahoo.com



Tomorrows Children's Fund
 Hackensack University Medical Center



www.OYMP.net • mzrace@oymp.net • 732.381.0318

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____

Age (on race day): _____ Sex: _____

Email: _____

Phone: _____

2007 USATF #: _____

Make checks payable and mail to:
 Tomorrows Children's Fund, Brian's Run
 P.O. Box 3717
 Wayne, NJ 07474-3717

Please Check Event:

_____ 10K Run
 _____ 5K Run / Walk

Shirt Size (circle one):

S M L XL

Waiver / Release: In participating in the Brian's Run 5K or 10K, myself, my heirs, executors, administrators, and assigns, do hereby release and discharge CAN DO & the BRIAN'S RUN organization, their employees, owners, officers, agents, volunteers, all sponsoring and cooperating business, organizations, and municipalities, their employees, and agents, from all claims, damages, demands, actions, causes of action or any other claim of whatsoever nature arising out of my participation in the event or while in transit to or from the designated route. I agree to abide by all traffic laws and basic safety rules established by CAN DO & BRIAN'S RUN. I also give full permission to CAN DO & BRIAN'S RUN for use of my name and photograph in connection with this event or any promotional or advertising materials of CAN DO or BRIAN'S RUN. The undersigned, being fully aware of the risks and hazards inherent in practicing and engaging in exercise programs, hereby voluntarily assumes all risks of loss, damage or injury, including death that may be sustained by the undersigned, or to any property of the undersigned. This release shall be binding upon distributors, heirs, next of kin, executors, and administrators of each of the undersigned. In signing the foregoing release: The undersigned hereby acknowledges and represents that he/she has read the foregoing release, understands it, and signs it voluntarily.

*Signature: _____ Date: _____ *Parent/Guardian if under 18 years of age.

Which One Are You?

- I start out strong, then crash and burn.
- I keep my pace, but I never get any faster.
- I know I could be faster and stronger if I weren't so darn fat.
- I'm confused.

**If you checked any
of the statements above,
we can help.**

The results from two simple physiological tests will:

- Show you where your peak endurance/fat burning zone is.
- Pinpoint your anaerobic threshold so you can go faster.
- Identify exactly how many calories you need to lose weight.
- Eliminate confusion. With your test results, a specific training program will be designed based on your body, your abilities, and your goals.

Ph: 732 531 7546 www.zayla.com john@zayla.com



zayla

