



OCEAN COUNTY BAR ASSOCIATION

5K RUN/WALK

to benefit The Food Bank of Monmouth & Ocean Counties

SATURDAY, May 14, 2016 (rain or shine)

RACE START: 5K Run/Walk - 9:00 a.m. Free Kiddie Dash - 10:00 a.m.

Race day registration begins at 8:00 a.m. at : Ocean County Park, Route 700 Ocean Ave. (Route 88)
Lakewood, NJ (Lake Parking Lot)

ENTRY FEES: 5 K Run/Walk \$25.00 postmarked by May 1st \$30.00 from May 1st to race day

AMENITIES: Quality designer T-Shirt to first 250 applicants, awards, post race random drawings, mile markers.

SPECIAL TEAM CHALLENGE: Ocean County Bar Association challenges the O.C. Sheriff's Department, O.C. Dept. of Corrections and any other organization for the "Scales of Justice" Trophy! (Top five runners from each team score, lowest score wins.)

AWARDS: Top ten overall finishers male & female. Top two finishers male & female in 10 year age groups.

COURSE: 5K (3.1 miles) flat and fast. High school cross country course, mostly grass.

RACE INFORMATION: Call Karin Poola at (732) 240-3666.

Directions: Garden State Parkway North: Take exit 90 toward Brick/Lakewood/Pt. Pleasant; Merge onto Chambersbridge Rd.; Sharp right toward Chambersbridge Rd.; Turn left onto Chambersbridge Rd.; Turn left onto NJ-88 W/Ocean Ave.; Destination will be on the right. Garden State Parkway South: Take exit 91 toward Lakewood Brick Twp./County Rd. 549; Keep right at the fork to continue toward County Rd. 549/Lanes Mill Rd.; Continue onto County Rd. 549/Lanes Mill Rd.; Turn right onto NJ-88 W/Ocean Ave.; Destination will be on the right.

All participants are encouraged to bring non-perishable food items to be donated to the FoodBank.

OCEAN COUNTY BAR ASSOCIATION 5K RUN/WALK

Name _____ Male/Female _____

Address _____

City _____ State _____ Zip _____

Telephone _____ email _____

Team Affiliation _____ Other _____

Age on race day _____

Shirt Size S M L XL XXL

Liability and Publicity Release: (Failure to sign with date will delay processing of your application.) Please accept my entry in the 2016 Ocean County Bar Association 5K Run/Walk. 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 Ocean County Bar Association, Ocean County Bar Association 5K Run/Walk officials, sponsors, volunteers, Ocean County Parks and Recreation, County of Ocean and Ocean Running Club from damages or injuries occasioned by my participation in the 2016 Ocean County Bar Association 5K Run/Walk. I also authorize the Ocean County Bar Association officials to utilize any photographs and videotape of my participation in the event 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.

Date: _____

Participant's Signature (If under 18 - parent/guardian) _____

Make checks payable to: Ocean County Bar Association Mail to: PO Box 381, Toms River, NJ 08754.