

THE 4th ANNUAL
CONTACT of OCEAN & MONMOUTH COUNTIES
5K Race & 5K Race Walk

Proceeds benefit the 24/7 CRISIS INTERVENTION & SUICIDE PREVENTION HOTLINE

SATURDAY, SEPTEMBER 17, 2016

5K RACE & 5K RACE/WALK BEGINS AT 9:30 A.M.

1 MILE RUN & 1 MILE HEALTH/FITNESS WALK AT 8:45 A.M. (OPEN TO ALL AGES)

**LOCATION: OCEAN COUNTY PARK,
659 OCEAN AVE. (Rt. 88), LAKEWOOD, NJ 08701**

COURSE: Fast!

5K RACE & 5K RACE/WALK: Age 19 & under - \$15

**PRE-ENTRY FEE - \$25 FOR 5K RACE & RACE/WALK POST MARKED PRIOR TO
SEPT. 14, 2016 (INCLUDES T-SHIRT)**

**POST-ENTRY FEE UNTIL RACE TIME - \$30 FOR THE 5K (INCLUDING RACE/WALK)
(T-SHIRTS WHILE SUPPLIES LAST)**

PRE-ENTRY FEE - \$10 FOR 1 MILE RUN, \$5 FOR 1 MILE WALK PRIOR TO SEPT. 14, 2016

POST-ENTRY FEE UNTIL RACE TIME - \$15 FOR 1 MILE RUN, \$10 FOR 1 MILE WALK

**MAKE CHECKS PAYABLE TO CONTACT OF OCEAN & MONMOUTH COUNTIES,
P.O. BOX 1121, TOMS RIVER, NJ 08754 (Mail application to same address)**

5K RACE AWARDS:

1ST Place Male & 1ST Place Female OVERALL – (NO DUPLICATE TROPHIES)

1ST Male & 1ST Female in 10 yr. age groups: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

5K RACE/WALK – 1ST Place Male & 1ST Place Female OVERALL

1 MILE RACE – Top 3 Boys & Top 3 Girls under age 13; Medals to all FINISHERS

CIRCLE EVENT: 5K RACE – 5K RACE/WALK – 1 MILE RUN – 1 MILE WALK
T-SHIRTS, while supplies last - for 5K ONLY- Size: M ___ L ___ XL ___

PRINT NAME: _____ GENDER: _____ AGE: _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

E-MAIL ADDRESS _____ PHONE # _____

**FOR INFORMATION: CALL CONTACT OFFICE: 732-240-6104; Email:
contactofoceanco@aol.com Or Visit WWW.CONTACTOCEANMONMOUTH.ORG**

I assume all risks associated with competing at this event and in consideration of your acceptance of my application, I hereby waive and release the Ocean County Park, Township of Lakewood, Race Officials of CONTACT of Ocean & Monmouth Counties and all sponsors, organizers and volunteers, the municipality in which it is held, and their representatives, from claims and liabilities arising out of my participation in the event. I verify that I have full knowledge and appreciation of the risks involved and I am physically fit and trained to participate in this event. I am at least 18 years of age or have had this release signed by my parent or guardian if I have not reached the age of 18.

SIGNATURE _____ DATE: _____