



Lacey Township Municipal

ALLIANCE 5K Run

1 Mile Fun Run/Walk & Kiddie Dash Saturday, August 28, 2010



Registration at 7:00am 1 Mile Run/Walk at 8:00am Race 8:30 (Kiddie Dash following 5K) At Gille Park, Manchester Ave., Forked River



Proceeds Benefit Substance Abuse Prevention and Education

Entry Fees: 5K - \$20 Pre-registered by August 18th; \$25 Day of Race, Students 18 and under - \$15 USATF Members 5K - \$18 Pre-registered by August 18th only; \$25 Day of Race 1 Mile - \$10 Pre-registered by August 18th; \$15 day of Race Kiddie Dash - \$5.00 (Ribbons for all participants)

Awards: Top Three Male and Female each age category, Top Lacey Resident Male and Female

Cash Prizes: Overall top three Male and Female (No Duplicates)

Categories: Top three Male and Female in 5 year age groups: 14 and under through 80 +

Course: Scenic, USATF certified 5K course thru Gille Park and along residential roads of Lacey Twp.

Amenities: Custom designed shirts guaranteed to pre-registrants and to post registrants while supplies last, D-tag computerized scoring by Elite Racing Systems, multiple water stops, clocks at mile 1 & 2, prize drawings and refreshments.

Directions: Garden State Parkway to exit 74 (Forked River). Turn right on Lacey Rd., take jug handle at traffic light (2nd light from GSP north bound or 3rd light from GSP south bound) onto Manchester Ave. Gille Park will be on the left. Use the second entrance into parking lots.

2010 Registration Form

Name: _____

Circle One: 5K Run - 1 Mile Walk - Kiddie Dash

Age: _____ M/F _____ Shirt Size (circle one) S M L XL (Day of Race) Youth Size S M

Address: _____ USATF # _____

City/State _____ Zip _____

Signature (If under 18-parent/guardian) _____ Date _____

Please make checks payable to: Lacey Twp. Municipal Alliance Mail application and payment to: P.O. Box 641, Forked River, NJ 08731 For information call 609-693-3125

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 assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release the Township of Lacey, Lacey Municipal Alliance, all race volunteers and all sponsors, their representatives, employees and successors 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.

REGISTER ONLINE at www.raceforum.com/lacey or www.jerseyrunner.com



Direct Link to Online Registration www.RaceForum.com/Lacey No Searching

