



2nd Annual  
**STAFFORD PBA LOCAL 297**  
**5K Road Race**  
 Saturday August 28, 2010  
 Manahawkin, NJ



TEAM CHALLENGE, 5 YEAR AGE GROUPS, FREE POST RACE BREAKFAST TO ALL PARTICIPANTS,  
 RANDOM GIVE-AWAYS, FOOD, MUSIC AND MORE  
 Proceeds benefit the Stafford Township, D.A.R.E. Program

**REGISTER ON-LINE! ITS QUICK, EASY, AND SAFE: AT EITHER**

[WWW.RACEFORUM.COM/STAFFORD-PBA](http://WWW.RACEFORUM.COM/STAFFORD-PBA)



[www.active.com/running/manahawkin-nj/2nd-annual-stafford-township-pba-local-297-5k-run-2010](http://www.active.com/running/manahawkin-nj/2nd-annual-stafford-township-pba-local-297-5k-run-2010)



Early packet pick-up Friday, August 27, 5 - 7 p.m., Location to be Announced

Day of 7:00 a.m. St. Mary's of the Pines

Start Time 5K - 9:45 a.m., One Mile - 9:00 a.m.



Funded in part by a grant from  
**The Board of Chosen Freeholders**

Free Vacation Guide  
 (800) ENJOY - 33  
[www.oceancountytourism.com](http://www.oceancountytourism.com)

Entry Fees; 18 and older

- 5K \$18 On-line Registration. - Slightly More The Day of Race & early packet pick-up
- USATF Members - 5K \$18 On-line Registration. - Slightly More The Day of Race & Early packet pick-up
- One-Mile \$12 On-line Registration. - Slightly More The Day of Race & Early packet pick-up



Entry Fees; 17 and younger

- 5K \$12 On-line Registration. - Slightly More The Day of Race & Early packet pick-up
- One-Mile \$8 On-line Registration. - Slightly More The Day of Race & Early packet pick-up

**Awards:** 5K Run – Top M/F Overall, Top three (3) men and women in the following categories; 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+  
**Special Awards** – First male and female Law Enforcement, and First Place teams in each category (see rules below).  
**One Mile** – Top three male and female, ribbons to all participants

**Course:** Fast, scenic, USATF certified 3.1 mile course along the tree lined, quiet streets of Manahawkin. All roads are closed to traffic. Two water and Orange stops. Mile markers for each mile. Strollers and baby joggers welcome. No skates, blades, bikes or pets please. *USATF Certified 5K Course# NJ09025LMB*

**Amenities:** T-shirts, and goodie bags guaranteed to all 5K& One Mile pre-registrants, and to post while they last. Digital timing system, free post race breakfast to participants, random prizes, raffles & entertainment by Local Radio Station Celebrity!

**Directions:** **From the North & South:** From West 1. Route 72 East (To Manahawkin) Skip To No. 3 (From North And South) From North And South 1. Take Garden State Pkwy N/S (Portions Toll) 2. Merge Onto Nj-72 E Via Exit 63. 3. Right Onto East Rd. 4. Left Onto Martin Truex Jr Blvd. 5. Turn Left Onto Mckinley Ave. 6. Turn Right Onto Bisop Lane St. Mary's Of The Pines

View Race Course At [Mapmyfitness.com](http://www.mapmyfitness.com) <http://www.mapmyfitness.com/run/united-states/nj/manahawkin/219126349923182718>

## Stafford Township PBA Local 297 5K and One-Mile Application Form

One applicant per form • Use separate application forms when registering for more than one event

Name \_\_\_\_\_ M/F \_\_\_\_\_ Circle Shirt Size S M L XL  
 Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Age on race day \_\_\_\_\_ Telephone \_\_\_\_\_ E-mail \_\_\_\_\_  5K Run/Walk

One-Mile Run/Walk  Law Enforcement  USATF Member

2009 USATF # \_\_\_\_\_ D.O.B. \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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 high and low temperatures and or humidity, traffic and other 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 accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Township of Stafford, Stafford Township P.B.A., USA Track and Field Association all race volunteers and all sponsors, their representative, 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. The Undersigned has read and voluntarily signed this release and waiver.

Applicant Signature (If under 18, a parent/guardian signature)  
 Please make check payable to: **Stafford P.B.A. Local 297**

Date \_\_\_\_\_

Direct Link to Online Registration [RaceForum.com/STAFFORD-PBA](http://RaceForum.com/STAFFORD-PBA) NO EXTRA FEES