

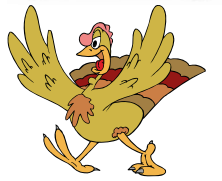
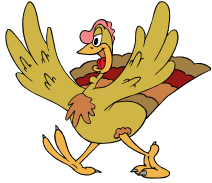


The New Jersey Road Runners Club proudly presents **TURKEY SWAMP RACE DAY**



The Ultimate Event

10 miles, 13.1 miles, 26.2 miles and 50K (31 miles)
August 19, 2012 at 8:00 am
at Turkey Swamp Park, Freehold, NJ



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

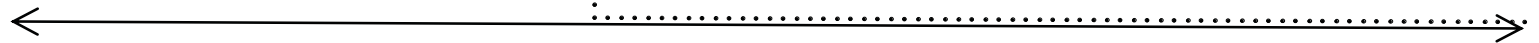
Start Location & Directions: Turkey Swamp Park Freehold, NJ

- 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.

The Details

- Awards: Top 3 finishers overall (M/F) in each race. All 26.2 miles and 50K finishers receive finishers' medals.
- Turkey Swamp Race Day T-shirts.
- Course: Multiple loops. Flat single track trail, grass & dirt road.
- Chip Timing
- Fees: By 8/09/12
 - 10 and 13.1 miles----- \$35.00*
 - 26.2 & 50K (31 miles)--\$65.00*
- ****26.2 & 50K runners: **Pre-Registration only**
- ****No registration for 26.2 & 50K after 8/09/12**
- **— 26.2 miles & 50K start at 8:00 am**
- **— 10 & 13.1 miles start at 8:15 am**
- **---Time Limit: 7.5 hours – You must finish by 3:30 PM!**
- NJRRC members take a \$5 discount on pre-registration.
- Registration for 10 & 13.1 miles after 8/09/12 add \$5.
- No post-registration for 26.2 or 50K.
- Register online at- www.raceforum.com/swamp
- ****ADD \$5 for Paper applications. No additional fee for online reg.**
- Mail: Tom Schaefer 42 Park Ave., Keansburg, NJ 07734
- E-mail- tomrunfar@aol.com or logon to: www.njrrc.org

~ NJRRC Summer Picnic ~
Turkey Swamp Park 8/19/12
Open to all.



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 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.
Check payable to NJRRC– Races

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Age _____

Email: _____ @ _____

Circle Event: 10 miles 13.1 miles 26.2 miles 50K

Circle: Male Female T-shirt Size:

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

*ADD AN ADDITIONAL \$5 Fee for PAPER APPLICATION
*NO ADDITIONAL FEE FOR ONLINE REGISTRATION



Direct Link to Online Registration
www.RaceForum.com/Swamp

