

Come enjoy a day of Family Fun...RUN/WALK, FOOD, AWARDS, DJ & MUSIC!

Church of St. Anselm 5K
1028 Wayside Road
Tinton Falls, NJ 07712



ST. ANSELM'S HAWKS Track & Field Club

**Second Annual
5K Run &
1 Mile Run/Walk
(Kids Races + Team Events)**

**Saturday
June 18th, 2016
Joe Palaia Park
Ocean Township
9:00 AM start**

**To Benefit the Youth
Athletic Program at the
Church of St. Anselm**

St. Anselm's Youth Athletic Program began as a place where children from the community can come together to learn, play, and grow together in a safe and friendly environment.

As the program grows, St. Anselm's will be able to bring more possibilities to the community's youth.

Your support through this event will enrich the lives of these children today and in the future. 100% of the proceeds from this event will go toward the Youth Athletic Program.

Follow the Race on Facebook:
<https://www.facebook.com/StAnselm5K>

Online Registration:
<https://www.raceforum.com/StAnselm5K>

OR:

Complete form and mail with your
check payable to:
Church of St. Anselm - 5K
1028 Wayside Road
Tinton Falls, NJ 07712



St. Anselm's Hawks-5K Run & 1 Mile Run/Walk

Saturday June 18, 2016
Race will take place Rain or Shine—No Refunds

Day of Race: 6/18/16

Schedule of Events:

Race Day Registration	8:00 - 8:45 AM
5K Race	9:00 AM
1 Mile Run/Walk	9:05 AM
Kid's Races	10:00 AM

Location:

Joe Palaia Park (corner of Deal & Whalepond)
240 Whalepond Rd. Oakhurst, NJ 07755

Directions:

Route 18 to Deal Road East. Left on Whalepond Rd.
First entrance to the Park on the left.

<http://goo.gl/LwFMPo>

Entry Fee:

\$20 before June 3
\$25 after June 3 & on Race Day
\$12 Kid's Races
Please make checks payable to:
Church of St. Anselm - 5K

T-shirts are GUARANTEED to all PRE-REGISTERED runners/walkers (must register prior to June 3rd).
T-shirts NOT guaranteed day of race.

Awards: (no duplicates)

1st, 2nd, 3rd place overall Male and Female.
1st, 2nd place M & F in following age groups:
13 & under, 14-19, 20-29, 30-39, 40-49, 50-59,
60-69, 70 & Over.
1st place Team.
All Kids race participants receive medals.
(Distances 25 meters to 100 meters).

Course:

Fast flat asphalt path within Joe Palaia Park.

For more information contact Fran at:
StAnselm5K@gmail.com

Last Name

First Name

Address

City

State

Zip Code

Home Phone

Age on Race Day

Sex (M or F)

 - -

Email Address

Event—Please check one

T-Shirts—Please check one:

Adult Sizes

☐ 5K Race ☐ 1M Run/Walk ☐ Kid's Races

S ☐ M ☐ L ☐ XL ☐

TEAM ENTRY FOR 5K RACE: (MUST BE RECEIVED BY JUNE 3RD).

MINIMUM 5 MEMBERS REQUIRED (NO MAX). TOP 5 TIMES WILL COUNT.

TEAM NAME: _____

INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED.

Liability and Publicity release: I know that running the St. Anselm's 5K, walking or running the 1 mile Walk, or participating in the Kids Races is a potentially hazardous activity & 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 weather including high and low temperatures and/or humidity, and the conditions of the course, all risks being known and appreciated by me. Having read this waiver & knowing these facts in consideration of your accepting my entry, I, myself & anyone entitled to act on my behalf, release St. Anselm's Church, the Roman Catholic Diocese of Trenton, the Borough of Tinton Falls, the Township of Ocean, it's officers, it's members and 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 persons named in this waiver. St. Anselm's is not responsible for any injury or accident that may occur before, during or after the race. Further I grant to all of the foregoing the right to use photographs, motion pictures, recordings or any other record of this event for legitimate purposes. By signing my name below, I hereby certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Signature

Date

Parent or Guardian Signature if under 18 years of age.

Date

I cannot attend, but please accept my contribution of \$_____