

SEAFOOD 5 K

PT. PLEASANT LIONS

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&



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DATE:

Saturday, Sept. 17, 2011 *Rain or Shine*

TIME

7:00 am - Registration & Shirt Pick-up

8:00 am - One Mile Fun Run

8:30 am - 5 K

T-shirts to all runners while supplies last

ENTRY FEE

\$20.00 Pre-entry - Received before Sept. 6th

\$15.00 Students

\$25.00 Post Entry (not guaranteed shirt size)

\$12.00 1 Mile Fun Run

LOCATION

BAND SHELL

Arnold and Baltimore, Pt. Pleasant Beach, NJ

AWARDS

Awards to First 3 Overall winners - Male & Female

Awards to first 3 Male & Females in their age groups

*Fast Flat Certified Course - Digital Clock Finish
Mile Markers - Splits - Water Stations*

Make Checks Payable To: Point Pleasant Lions Club - P. O. Box 444 Point Pleasant, NJ 08742 **732-892-1089**
OFFICIAL ENTRY FORM: Please enter me in the Point Pleasant Lions Club Race. I hereby for myself, my heir, executors & administrators, waive & release any and all rights & claims for damages of any nature which I might have against any organization, municipally or individual associated with this event. I also give permission for the use without fee, of my name & picture in any broadcast, telecast or print media account of this event. I acknowledge I have read & fully understand the conditions that this entry is made and accept them.
NO REFUND-SPONSOR RESERVES THE RIGHT TO REJECT ANY ENTRY **PLEASE PRINT**

Name _____

Address _____

Phone _____ Male _____ Female _____ Age _____ Shirt Size S M L XL

Email _____

Signature _____ Date _____

(If runner is under 18 parent/guardian must sign)