



JERSEY SHORE RUNNING CLUB presents the 23rd Annual

# Saturday in the Park

"Women Taking Steps to Help Women"

## Women's 5K Run & Scenic 3-Mile Walk with Children's Races



### September 3, 2016 9:00 am

### Labor Day Weekend

### Holmdel Park, Holmdel, NJ



www.saturdayinthepark5k.org

732-571-2162

Overall and Age Group Awards - Random Prizes - Massage Tent  
Post Race Refreshments - Grand Prize Drawing for all 5K Participants

First \_\_\_\_\_ Last \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Age \_\_\_\_\_  
 Email \_\_\_\_\_

<input type="checkbox"/> Women's 5K Run or Walk <input type="checkbox"/> Children's Races - \$5	<b>5K PreEntry:</b> \$25 (age 20 & over) \$20 (up to age 19) \$20 JSRC members <b>5K LateEntry: \$30 ALL after Aug 26</b>
--	--

#### Special Award Categories (please pre-register)

Mother/Daughter partner: \_\_\_\_\_  
 Sister/Sister partner: \_\_\_\_\_  
 Team or Group (participation award) \_\_\_\_\_  
 JSRC Member  Competitive RaceWalk

Shirt Size  Youth  S  M  L  XL

I know that running a road race is a potentially hazardous activity, and that I should not enter 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 temperatures and humidity, traffic, and 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 Jersey Shore Running Club, Manna House, Providence House, Spring House, the Road Runner's Club of America and the County of Monmouth, including their officers, members, volunteers, departments, employees and successors, 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 to all the foregoing to use any photographs, motion picture, recordings or any other record of event for legitimate purposes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent or guardian (if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

I'm running in honor of \_\_\_\_\_ (optional)

#### Take Steps to Help Women!

Your friends and family are encouraged to give a donation in support of our beneficiaries. Please obtain sponsorship from friends, family and colleagues and bring donations on race day.

You can visit the race web site, [saturdayinthepark5k.org](http://saturdayinthepark5k.org), for online fundraising information.

Run or walk for **FREE** - Raise \$75 or more in pledges - and you get free entry into the race, including shirt. Entry form and pledges must be received by 8/26.

Online fundraising also available at [saturdayinthepark5k.org](http://saturdayinthepark5k.org).

#### Saturday in the Park Beneficiaries

Over the past twenty two years, Saturday in the Park has financially supported local women's charities with programs dedicated to providing shelter, counseling, advocacy and education for women and their families in Monmouth and Ocean counties - places of safety where hope can be realized and a new way of living can be learned.

**Providence House of Catholic Charities in Ocean Cty.**  
Offers services to women and children who are affected by domestic violence. Services include emergency shelter, crisis intervention, counseling and therapy as well as community education and training.

#### Check to: Jersey Shore Running Club

Mail to: JSRC-Saturday in the Park Entry Fee \_\_\_\_\_  
 PO Box 7492 Donation \_\_\_\_\_  
 Shrewsbury, NJ 07702 Total \_\_\_\_\_

You can also register online at [www.saturdayinthepark5k.org](http://www.saturdayinthepark5k.org)