



JERSEY SHORE RUNNING CLUB
presents the 18th 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, 2011 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 _____

Event	5K PreEntry: \$20 (age 20 & over)
<input type="checkbox"/> Women's 5K Run or Walk	\$17 (up to age 19)
<input type="checkbox"/> Children's Races - \$5	\$17 JSRC members
	5K LateEntry: \$25 ALL after Aug 25

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, Epiphany House, 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 sponsors and bring donations on race day. Please visit saturdayinthepark5k.org for online fundraising information.
Run or walk for FREE - Raise \$75 or more in pledges - get free entry, including shirt. Entry and pledges due by 8/25.

Group Training Program

Ladies - Interested in joining a group-training program to prepare you to complete a 5K? --- try **Rundamentals!**
Rundamentals is a ten-week program geared toward first time runners and those who would like to return to running after a break. Part of the JSRC's **Saturday in the Park Women's 5K**, the main objective is to encourage women to enjoy the benefits of running. JSRC volunteer, Liz Ireland, coordinates the program. *Class size is limited.*
 Send an e-mail to Rundamentals@verizon.net for information.

Saturday in the Park Beneficiaries

Manna House of Cliffwood Beach.
 Manna House is a transitional housing program for women and children, designed to provide a safe living environment and an indepth Life skills program geared toward ending homelessness.

Providence House of Catholic Charities in Ocean County.
 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.

Spring House of Eatontown.
 Provides interim housing to single female parents and children providing a "springboard" to help residents learn life skills to gain self-sufficiency.

Check to: JSRC-Saturday in the Park	Entry Fee _____
PO Box 7492	Donation _____
Shrewsbury, NJ 07702	Total _____
<p>You can also register online at www.saturdayinthepark5k.org or in person at McLoone's Running Store, at the Grove, Shrewsbury</p>	