

## ***Women Taking Steps to Help Women***

### ***Saturday in the Park 5K 2009 beneficiary organizations:***

**Epiphany House** Asbury Park & Long Branch  
(732) 775-0720, [www.epiphanyhouse.org](http://www.epiphanyhouse.org)

Epiphany House provides transitional housing and services to create and maintain a self-affirming life to homeless women and children who seek to recover from addiction. A major goal is to break the chain of addiction by preventing children from repeating these patterns.

**Manna House** Cliffwood Beach

(732) 441-0022, [www.mannahouseonline.com](http://www.mannahouseonline.com)

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.

24 Hour Hotline -- (732) 244-8259

Providence House, Catholic Charities, 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** Eatontown

(732)-389-6090, [www.springhousenj.org](http://www.springhousenj.org)

Spring House provides interim housing to single female parents and their families providing the "springboard" to help residents learn life skills to gain self-sufficiency.

## ***Saturday in the Park Women's 5K Run & Walk***

### **YOUR PARTICIPATION COUNTS!**

Your participation in this exciting event, whether you walk or run, will contribute to the services of local women's charities. In 15 years, the 5K event has raised over \$183,000. Register now, bring a friend and solicit support from family and friends using the pledge card included in this application.

### **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.* E-mail [Rundamentals@verizon.net](mailto:Rundamentals@verizon.net).

### **RRCA Women's Distance Festival**

**Saturday in the Park** is part of the Road Runners Club of America **Women's Distance Festival**, an effort to encourage women's running at all levels. These races offer a time to honor women, the strides that they have made in the sport of running and a chance to recognize the steps needed to continue for women's health and fitness. [www.rrca.org](http://www.rrca.org)

### **DIRECTIONS TO HOLMDEL PARK**

GS Parkway Exit 114. Head West on Red Hill Rd. Turn right at light onto Crawfords Corner-Everett Rd. Drive two miles, then turn left onto Roberts Road. Holmdel Park is approximately 1.5 miles on the right.

## **JERSEY SHORE RUNNING CLUB**

16<sup>th</sup> Annual



***"Women Taking Steps  
to Help Women"***

## **Women's 5K Run & Scenic 3-Mile Walk**

***with Children's Races***

**September 5 - 9:00 AM**

**Labor Day Weekend**

**Holmdel Park, Holmdel, NJ**

***RRCA Women's Distance Festival Event***

# Entry Form

First Name \_\_\_\_\_ Last \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Event:  Women's 5K Run & Walk

Children's Races

### Special Categories (pre-registered only)

Mother/Daughter partner \_\_\_\_\_

Sister/Sister partner \_\_\_\_\_

Team, School 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, Road Runners 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 this event for legitimate purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian (if under 18) \_\_\_\_\_

I'm running for:  
\_\_\_\_\_ (name optional)

**Check payable to:**  
JSRC - Saturday in the Park  
PO Box 7492  
Shrewsbury, NJ 07702

Entry fee \_\_\_\_\_  
Donation \_\_\_\_\_  
Total \_\_\_\_\_

# Race Information

**Location:** Holmdel Park, Holmdel, NJ

**Date:** Saturday, September 5, 2009

**Time:** 9:00 am Women's 5K Run &  
Scenic 3-Mile Walk  
10:00 am Children's Races

**Park Open:** 8:00 am

**Entry Fees:** **\$20** age 20 & over (before 8/28)  
**\$25** August 28 thru race day  
**\$5** Children's Races

**Special Rates:** **\$15** up to age 19 (before 8/28)  
**\$15** JSRC members (before 8/28)  
**\$30** Combo pre-entry & JSRC membership

**Awards:** Top 3 Overall in 5K  
Top 3 RaceWalk Division  
Top 3 in 5-year age groups  
Top 3 Mother/Daughter &  
Sister/Sister teams

**Mary Conry Memorial Award**  
*presented to the 1st JSRC finisher*

**Recognition:** 3-Generation Teams recognized  
Top Pledge Earners recognized  
Team/Group with most participants  
High School Team Challenge

**Amenities:**  
*Custom Designed Shirts to all Pre-Registrants  
(race day shirts while supplies last)  
Post Race Refreshments Massage Tent  
Random Drawings For Prizes  
Grand Prize Women's Bicycle  
Children's Grand Prize Drawing*

### Information:

Web: [www.saturdayinthepark5k.org](http://www.saturdayinthepark5k.org)  
Race Hotline (732) 571-2162  
E-mail: [saturdayinthepark@comcast.net](mailto:saturdayinthepark@comcast.net)

Register in person at:  
McLoone's Running Store at The Grove,  
Shrewsbury

Register online at:  
[www.saturdayinthepark5k.org](http://www.saturdayinthepark5k.org)

# Pledge Sheet

## Saturday in the Park 5K

To benefit women in Monmouth and Ocean County.

### TAKE STEPS TO HELP WOMEN!

Enter sponsors names and donation amounts below. Bring this list along with your pledge proceeds on the day of the event. Friends are encouraged to give a donation in support of our 2009 beneficiaries.

Your Name \_\_\_\_\_

SPONSOR'S NAME	AMOUNT
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
4. _____	\$ _____
5. _____	\$ _____
6. _____	\$ _____
7. _____	\$ _____
8. _____	\$ _____
9. _____	\$ _____
10. _____	\$ _____

TOTAL \$ \_\_\_\_\_

**Please make pledge checks payable to:**  
**JSRC – Saturday in the Park**

**Run or Walk for Free!** Raise \$75.00 or more in pledges - get free entry into event, including shirt. Entry form and pledge sheet due by August 28.

