

ENTRIES
LIMITED
TO 300
RUNNERS!

POST RACE
BREAK-
FAST!

TECHNICAL
SINGLET
S TO ALL
RUNNERS.

ALL
LEVELS
WELCOME!

August 22, 2009

4th Annual

Shore runner

2009

Summer showdown

5K Cross Country Run

2.5 Mile Junior Run

Bucks Mill Park, Colts Neck

*Experience cross country running for the first time,
check your summer fitness level or warm up for the fall season.
This flat and fast course is all on grass fields and trails.*

TIME:	7:30 a.m.	Registration Opens/Packet Pickup	LOCATION:	Bucks Mill Park, Colts Neck, NJ
	9:00 a.m.	5K Open Race (men & women)		From South: Route 18N to exit 19A. Route 34N to Route 537 (at the Colts Neck Inn) Make Left, Head West on 537. Make a right onto Bucks Mill Road. Park is on left.
	10:00 a.m.	2.5mi Junior Race (boys & girls, under 18 yrs)		From North: Route 18S to exit 22A. Route 537 east towards Colts Neck. Make left on Bucks Mill Road. Park is on left.
	10:30 a.m.	1 mi Fun Run (under 12 yrs, \$3 entry) No shirts. Medals only.	AWARDS:	Medals awarded to: Top 10 Boys & Girls Junior Runners Top 5 Men & Women Open Runners Junior Runners
	10:45 a.m.	Awards & Post-Race Breakfast		
FEE:	\$15	Before 6/30		
	\$20	Before 7/31		
	\$25	Race Day (call for availability)		

Race day packet pickup only.

Online Registration at www.raceforum.com.

**Make checks payable and mail to: Shore Runner
40 Centennial Drive, Long Branch, NJ 07740**

EVENT 5K Open Race 2.5 Mile Junior Race 1 Mile Fun Run GENDER Male Female

FIRST NAME _____ LAST NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

AGE ON RACEDAY _____ ADULT TANK TOP (SINGLET) SIZE _____

I know that running/walking a cross country race is a potentially hazardous activity and that I should not enter and run/walk unless I am medically able and properly trained. I understand I am waiving my rights to sue by signing this form. I have full knowledge of all risks involved both seen and unseen. 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 Shore Runner, Inc and its agents, Nike, Colts Neck Parks & Recreation, and all volunteers for any and all claims, demands or causes out of my participation in the Summer Showdown event. Or carelessness of the persons named in this waiver.

SIGNATURE (Parent or Guardian signature if under 18 years of age) _____

FOR MORE INFO, CALL 732-571-3100 OR VISIT OUR WEBSITE AT WWW.SHORERUNNER.COM

Pier Village
Long Branch, NJ

Shore Runner

Shoppes at Old Bridge
Old Bridge, NJ