

# Shark Run 5k

*With kids' race and fitness walk*

**Saturday, October 1, 2011**

Staged by the Borough of Bay Head, with the Bay Head Home and School Association  
To Benefit the Bay Head School

**5k RUN AND FITNESS WALK STAR: 8:30am**

**KIDS' RACE START: 9:30 am**

**Race Day Registration: 7:00 - 8:15**

## REGISTRATION AND FEES

Entry Fee: \$20.00 until September 10, \$25.00 late registration

- Entry Fee includes t-shirt and giveaways while supplies last
- Early Registration will receive exclusive giveaways

Kids Race (only) entry fee: \$10 includes award and t-shirt (no t-shirt guarantee for late registrants)

Awards: Prizes and Giveaways

## THE COURSE

USATF Certified Course NJ05018LMB

Flat and fast through beautiful town of Bay Head

## INFORMATION/DIRECTIONS

Web: [www.sharkrun5k.com](http://www.sharkrun5k.com) email: [sharkrun5k@yahoo.com](mailto:sharkrun5k@yahoo.com)

ONLINE Registration: [www.active.com](http://www.active.com) or [www.jerseyrunner.com](http://www.jerseyrunner.com)

Race location: Bridge Ave. Bay Head NJ Race Check in: Bay Head Fire House

Directions: GSP south exit 98, travel south on Route 34, continue south on Route 35 into

town of Bay Head. Turn right onto Bridge Avenue. Fire House is on left. On Street Parking Available.

Event: (check only one)  5k run  5k walk (non-competitive)  kids' race (12&U)

Shirt (check only one) YOUTH  S  M  L ADULT  S  M  L  XL

First Name MI Last Name Age

Circle: Male Female

Address City, State Zip

Phone and email

**Make Check Payable to:**  
**BHS Shark Run 5k**  
**Mail To: PO Box 94,**  
**Bay Head, NJ 08742**

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any and all decisions of a race official relative to my ability to enter and/or complete the run. I assume any and all risks associated with participating in the event including, but not limited to: falls; contact with other race participants; the effects of weather including, but not limited to, high heat or humidity; traffic and conditions of the road; any and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and alone entitled to act on my behalf, hereby waive and release the following: The Town of Bay Head and its related agencies, departments, and employees, the Bay Head School, the Bay Head Home and School Association and its members, race volunteers: from any and all claims and/or liabilities of any kind arising out of my participation in this event or the carelessness of the persons named in this waiver. Further, I grant to all of the foregoing the permission to use any photographs, motion picture recording, and/or any other record of this event for any legitimate purposes. I understand that the event will be held rain or shine and that no refunds will be issued.

Signed (parent or guardian if applicant under 18 years of age)

Date