

Sunday, November 27, 2016 Bodman Park, Middletown, NJ

# www.navesinkchallenge.com

Benefits Middletown Youth Athletic Assn., Monmouth Conservation Foundation and other local non-profit organizations

This is a challenging run for all abilities on scenic & hilly country roads. Both the 5k & 15k are a chiptimed, out-and-back courses that start and end in Bodman Park. There are water stops on the course, post-run refreshments, prizes and post-race party!

## 10:00 a.m. 15k RUN

(Runners only please, 2 hour course limit)

# 10:10 a.m. 5k Run/Walk

## **AWARDS**

- > Top 3 M/F in 15k and Top 3 M/F in 5k
- > Top 3 M/F in each 10 year age group (5k will have a 15 and under award!)
- Lots of Random Prizes & Grand Prize Drawing

### **REGISTRATION (1,100 PARTICIPANT LIMIT)**

#### Don't forget to sign up for your Gym/Fitness Center Team!

# Register before Nov. 1 to guarantee your long sleeve technical shirt!

- EARLY BIRD SPECIAL Register <u>before</u> Sept. 26: \$30 online /\$35 mail in/\$28 JSRC (<u>online only</u>)
- > Sept. 26 to Nov. 21: \$38 online/ \$40 mail in

#### Nov. 26

- 1:00-4:00 p.m. Registration and Packet pickup at Road Runner Sports
  490 Broad Street Shrewsbury, NJ
- Registration (space permitting) \$45 (cash or check only)

#### Nov. 27 - RACE DAY!

- > 8:30 a.m. Packet pick up at Bodman Park Opens
- Registration (space permitting) \$50 (cash or check only)

Want to make race day morning a bit less hectic?? Come to Road Runner Sports on Nov. 26<sup>th</sup> between 1 and 4 to pick up your race packet. Road Runner is offering a discount of 25% for VIPS (includes the standard 10% VIP discount) or 10% discount for anyone who is not a VIP. They will also raffle off 2 pairs of shoes that day!



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Send form below and check to: JSRC Navesink Run, PO Box 7492, Shrewsbury, NJ 07702

I know that running a road race is a potentially hazardous activity and that I should not enter and run 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 the weather, including low or high temperatures and/or humidity, traffic and the 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, Road Runners Club of America, Middletown Youth Athletic Association, its Officers, Members and race volunteers, the Township of Middletown and its Departments and employees, Monmouth County Parks, Middletown Little League, 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 of the forgoing permission to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature:	Date:
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Sorry, NO Refunds or Deferrals

Circle One Event:	5K Run/W	alk 15K	Run
Entry Fee:			
Donation to	MYAA:		
Total\$:			
Name:			
Address:			
City:		State:	Zip:
Email:			
Phone:			
Age:	Sex: M	F	
Circle Shirt Size:	S M L	XL 2XL	

Parent/guardian signature required if under 18.