



# HARBOR HOUSE 5K FUN RUN-WALK AND HEALTH FAIR

**November 12, 2011**

**Location:** First Energy Park (Home of the Lakewood BLUECLAWS)

**Registration:** Begins at 8:00 a.m. at First Energy Park  
(2 Stadium Way, Lakewood, NJ)

**Race Times:** 10:00 a.m. – 1 Mile Fun Run for Kids (age 12 & under  
by 11/12/2011) RIBBONS FOR ALL 1 MILE FINISHERS  
11:00 a.m. – 5K Run/Walk

**Course:** 5K Measured Course, Fast, Flat

**5K Entry Fees:** \$20 pre-registration fee if received by October 27<sup>th</sup>  
\$25 if payment received after October 27<sup>th</sup> or on race day  
Long-sleeved shirts to all pre-registrants. Race day registrants  
will receive long-sleeved shirts while supplies last.

**1 Mile Fun Run for Kids :** \$10 received by October 27<sup>th</sup>  
\$15 received after October 27<sup>th</sup> or on day of race



SAINT BARNABAS  
HEALTH CARE SYSTEM  
Community Medical Center



No pets, roller blades, bikes, or skateboards during the 5K Run • Strollers will be permitted during the 1 Mile Kid's Fun Run and 5K Walk • No Refunds will be given

**5K  
AWARDS**

Trophies/Prizes for  
1st, 2nd, 3rd, Overall  
Male and Female  
and

1st, 2nd & 3rd in the  
following Age Categories:  
14 & younger, 15-19, 20-29,  
30-39, 40-49, 50-59, 60-69, 70+

Goody Bags

Post Race Refreshments

Rain or Shine

Online registration  
for corporate teams  
and individuals at  
[www.oceansharborhouse.org](http://www.oceansharborhouse.org)

Complete corporate team  
and overall individual timing  
and scoring

## Official Entry Form

One Entry Per Applicant • Online Application available at [oceansharborhouse.org](http://oceansharborhouse.org)

I will participate in the following event: ☐ 1 Mile Kid's Fun Run ☐ 5K Run ☐ 5K Walk

Please check T-shirt size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Last Name		First Name	
Street			
City	State	ZIP	
Phone		E-Mail	
Sex	Age (on race day)		Birthday
<input type="checkbox"/> M <input type="checkbox"/> F			

### Waiver - Please Read Carefully and Sign

In consideration of the acceptance of this application for entry in the Harbor House 5K Fun Run Walk for New Beginnings, I the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless Ocean's Harbor House, Ocean's Harbor House Foundation, Ocean Running Club, Lakewood BlueClaws, race sponsors, and any person and entity associated with the race from any claims for damages of any nature arising out of my participation in this event. Further, I recognize that I must be in good health and of sufficient training and experience in order to participate in this event. I also give permission for the use without fee, of my name and picture in any broadcast, telecast or print media account of this event for promotional or publicity purposes. I further acknowledge that I have read and accept these conditions under which my entry is made.

Participant's Signature

Date

Signature of Parent or Guardian  
if Child is under the Age of 18

Make checks payable to: Ocean's Harbor House • 2445 Windsor Ave • PO Box 1714 • Toms River • NJ 08754  
Contact & Registration Drop-Off: Laura Snyder • Ocean's Harbor House • 2445 Windsor Avenue • Toms River • NJ 08754  
(732) 929-0096 • [lsnyder@oceansharborhouse.org](mailto:lsnyder@oceansharborhouse.org)

**Additional Information & Directions on [www.oceansharborhouse.org](http://www.oceansharborhouse.org)**