



Funded in part by a grant from the
Board of Chosen Freeholders
www.OceanCountyTourism.com

Lacey 5K Race

1 Mile Fun Run/Walk & Kiddie Dash
Saturday, August 27, 2016

Registration at 7:00am 1 Mile Run/Walk at 8:00am
5K Race 8:30 (Kiddie Dash following 5K)
At Gille Park, Manchester Ave., Forked River

Proceeds Benefit Substance Abuse Prevention, the Recreation Dept. & the Lacey Food Bank

Entry Fees: 5K - \$25 Pre-registered by Aug. 15th; \$32 after & Day of Race; (non-refundable) Students 18 and under - \$20 Pre-registered by Aug. 15th; \$25 after and Day of the Race

USATF Members— 5K - \$20 Pre-registered by August 15th only

1 Mile - \$15 Pre-registered by August 15th; \$20 after and Day of Race;

Students 12 and under - \$10 Pre-registered by Aug. 15th; \$15 after and Day of the Race

Kiddie Dash - \$5.00 Ages 2-11 (Each participant receives a medal, Italian Ice and Happy Meal coupon.)

Early Packet Pick-up & Post Registration: Fri., Aug. 26 at the Recreation building, 10am to 1pm and 5 to 7pm

Cash Prizes: Overall top three Male and Female (No Duplicates)

Awards: Top three M/F, 12 and under, 13-15, 16-19 and 5 year age groups (thru 80 and over); M/F Top Lacey Resident ; Team Challenge; and Mayor's Trophy

Course: Flat USATF certified 5K course thru award-winning, scenic Gille Park

Amenities: Custom designed *New Balance Tech shirts* guaranteed (**adult sizes only**) to pre-registrants; post registrants while supplies last, ChronoTrack Timing Technology by Elite Racing Systems, multiple water stops, clocks at mile 1 & 2, prize drawings and Post-Race BBQ sponsored by 

Directions: Garden State Parkway to exit 74 (Forked River). Turn right on Lacey Rd., take jug handle just before traffic light (2nd light from GSP north bound or 3rd light from GSP south bound) onto Manchester Ave. Gille Park will be on the left. Use the second entrance into the park.
GPS - 75 Manchester Ave, Forked River, NJ 08731

2016 Registration Form

Name: _____ **Tel.#** _____

Circle One: 5K Run - 1 Mile Run/Walk - Kiddie Dash

Age: ____ (Day of Race) **M/F** ____ **T- Shirt Size: YOUTH S M L**

New Balance Tech shirts

ADULT: Female S M L XL Male S M L XL

E-mail _____ **USATF Member #** _____

Address: _____

City/State _____ **Zip** _____

Team Name _____
Team Challenge (3 or more) ♦ Mayor's Trophy (Lacey residents, 5 or more)

Signature (If under 18-parent/guardian) _____

Date _____

Please make checks payable to: Lacey Twp. Municipal Alliance
Mail application and payment to: P.O. Box 641, Forked River, NJ 08731
For information call 609-693-1100 ext. 2217 or www.lacey5K.com

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 assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release the Township of Lacey, Lacey Municipal Alliance, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.



Register Online at
www.eliteracingsystems.com
or
download application at
www.lacey5K.com