JERSEY SHORE RUNNING CLUB presents our

29th ANNUAL
Saturday in the Park

"Women Taking Steps to Help Women"

Women's 5K Run & Scenic 3-Mile Walk
with **Children's Races for Girls and Boys**

JERSEY SHORE RUNNING CLUB

August 27, 2022 9:00 am
Thompson Park, Lincroft, NJ
(our second year at this location)

RRCA ROAD RUNNERS CLUB OF AMERICA

www.saturdayinthepark5k.org info@saturdayinthepark5k.org

Beautiful Park Setting - Overall and Age Group Awards - Random Prizes - Medals to all Finishers

First _____ ***Last*** _____

Street _____

City _____ ***State*** ____ ***Zip*** _____

Phone _____ ***Age*** _____

Email _____

Event

- ☐ **Women's 5K Run or Walk**
- ☐ **Children's Races - $5**

5K PreEntry: $30 (age 20 & over)
$25 (up to age 19)
$27 JSRC members
MAIL-IN FORMS DEADLINE AUG 1st

Special Award Categories *(please pre-register)*

- ☐ Mother/Daughter *partner:* _____
- ☐ Sister/Sister *partner:* _____
- ☐ Team or Group *(participation award)* _____
- ☐ JSRC Member ☐ Competitive RaceWalk

Shirt Size ☐ Youth ☐ S ☐ M ☐ L ☐ XL

I know that running a road race is a potentially hazardous activity, and that I should not enter 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 weather, including high temperatures and humidity, traffic, and 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, Manna House, Providence House, Spring House, the Road Runner's Club of America and the County of Monmouth, including their officers, members, volunteers, departments, employees and successors, 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 the foregoing to use any photographs, motion picture, recordings or any other record of event for legitimate purposes.

Signature: _____ Date: _____

Parent or guardian (if under 18) _____ Date: _____

☐ I'm running in honor of _____ *(optional)*

Take Steps to Help Women!

Your friends and family are encouraged to give a donation in support of our beneficiaries.

Visit ***saturdayinthepark5k.org*** *for online fundraising.*

Saturday in the Park Beneficiaries

Over the past twenty-eight years, Saturday in the Park has financially supported local women's charities with programs dedicated to providing shelter, counseling, advocacy and education for women and their families in Monmouth and Ocean counties - places of safety where hope can be realized, and a new way of living can be learned.
Charities include:

Providence House *of Catholic Charities in Ocean County.* Offers services to women and children who are affected by domestic violence. Services include emergency shelter, crisis intervention, counseling, and therapy as well as community education and training.

Monmouth & Middlesex County Charities dedicated to helping women also receive a portion of the proceeds. Visit www.saturdayinthepark5k.org donations page for charity list.

Check to: Jersey Shore Running Club

Mail to: **JSRC-Saturday in the Park**
PO Box 7492
Shrewsbury, NJ 07702

Entry Fee _____
Donation _____
Total _____

Register online at www.saturdayinthepark5k.org