

LAKWOOD COGENERATION AND OCEAN PEAKING POWER

PRESENT THE



HARBOR HOUSE 5K RUN-WALK TO BENEFIT OUR HOMELESS AND RUNAWAY YOUTH



November 9, 2013

Location: First Energy Park, Lakewood NJ
Rain or Shine

Registration: Begins at 10:00 a.m.

Race Times: 11:00 a.m. – 1 Mile Fun Run for Kids
11:00 a.m. – 1 Mile Walk for Kids and Adults
(dogs are allowed as long as they are kept on a leash
and their droppings are removed by the owner)
12:00 p.m. – 5K Run
12:00 p.m. – 5K Walk

5K Entry Fees: \$25 by October 10th / \$30 after October 10th
Long-sleeved shirts to all pre-registrants.

1 Mile Entry Fees : \$10 by October 10th / \$15 after October 10th

Prizes for 1st, 2nd, 3rd Overall Male and Female
and top 3 male and female winners in 8 age categories,
Top Male and Female Walker,
All 1 Mile Fun Run for Kids completions,
Highest Individual Fundraiser,
Highest Team Fundraiser, Largest Team

5K
AWARDS

Goody Bags

Post Race Refreshments

Online registration for corporate teams
and individuals at
www.oceansharborhouse.org

Complete corporate team
and overall individual timing and scoring

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

Official Entry Form

One Entry Per Applicant • Online Application available at oceansharborhouse.org

I will participate in the following event: ☐ 1 Mile Kid's Fun Run ☐ 5K Run ☐ 5K Walk ☐ 1 Mile Walk
Please check T-shirt size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ 3XL with/without dog

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 Wagenknecht • Ocean's Harbor House • 2445 Windsor Avenue • Toms River • NJ 08754
(732) 929-0096 • lsnyder@oceansharborhouse.org

Additional Information & Directions on www.oceansharborhouse.org