



# 1/4 mile Swim + 5k Run

## Saturday, August 22<sup>nd</sup>, 2015

### Smoke Rise Beach 10:00 am

### *Join the Fun!*

Open to all Smoke Rise residents, family and friends!

Compete the swim/run as an Individual or as a Team with one swimmer and one runner.

**No Partner? We will seek to pair you up!**

### *Beautiful Clean Lake Course*

Lake swim 1/4mile & 5k Run around the Lake

### *Registration*

Per Person: \$25 pre-registration by August 20<sup>th</sup> / \$35 day of event

Race day check in & registration at the beach: 9 am to 9:45 am

Start in the water 10:00 AM

### *Prizes and Party*

**TECH T-SHIRTS for all Participants (while supplies last – sign up early!)**

- **Prizes for Placings 1-3 in Each Division**
- **Six Prize Divisions:** Adult Male, Adult Female, Adult Team, Youth (16 and under) Single, Youth Team, Adult/Child Team
- **Free Raffle Prizes - All entrants eligible!**
- **Water stop & Lifeguards**
- **Post-Race Party - Food & Fun! Bagels, Sandwiches, Fruit and More!**

### *Race Organizers*

Stephanie Macejko 492-3049; [srstriders@yahoo.com](mailto:srstriders@yahoo.com); Ryan Bialosuknia 291-4904

Jo-Ann Spear 492-8680; Ken Smalley 838-0851; Facebook: Smoke Ride Striders

### **Please Patronize Smoke Rise Striders Supporters!**



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# BATTLE AT THE BEACH!

*Saturday, August 22<sup>nd</sup>, 2015*

*Storm date Sunday 23<sup>rd</sup> same time*

**Smoke Rise Beach 10:00 AM**

## Entry Form

Please mail to Jo-Ann Spear, 790 West Shore Dr., Kinnelon, NJ 07405  
Entry Fee Per Person -\$25 pre-registration by August 21<sup>st</sup> / \$35 day of event  
Please make checks payable to: Smoke Rise Striders

Last Name (Please Print): \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_ Shirt size: \_\_\_\_\_

Email Address: \_\_\_\_\_ Age if Youth: \_\_\_\_\_

Please check: Individual: \_\_\_\_\_ Team Runner: \_\_\_\_\_ Team Swimmer: \_\_\_\_\_

Team Partner \_\_\_\_\_ I need a partner: \_\_\_\_\_

*We will do our best to pair you up!*

### WAIVER AND RELEASE OF LIABILITY

#### **YOU MUST READ AND SIGN THIS FORM IN ORDER TO PARTICIPATE IN THE SMOKE RISE BIATHLON**

I hereby certify that I am voluntarily requesting permission from the Smoke Rise Club (SRC) to enter and use certain property and facilities owned by the SRC for purposes of the Smoke Rise Biathlon and in a manner consistent with the rules and regulations of the Smoke Rise Club. I understand that it is my responsibility to know and follow these rules and regulations. I agree to abide by these rules and regulations and further acknowledged that the failure to so abide may result in the immediate revocation of the permission granted to utilize Smoke Rise property and facilities.

I fully understand the inherent risks, including but not limited to drowning, death from exposure and other injury resulting from the use of SRC property and/or competing in a Biathlon. I acknowledge that there will be traffic on the course and assume the associated risks. I acknowledge that I have trained for and I am physically capable of successfully completing this event. I voluntarily and expressly assume any and all risks of personal injury that might result from my participating in the Smoke Rise Biathlon and/or use of SRC property.

I agree on behalf of myself, my heirs, successors and assigns to voluntarily and fully release, indemnify, and otherwise hold harmless the Smoke Rise Club and any of its officers, agents, servants, representatives, sub-clubs and employees from any and all liability for any personal injury, wrongful death, property loss, property damage, claim or expense of whatever nature resulting from any cause whatsoever arising out of my participation in the Smoke Rise Biathlon or use of Smoke Rise property.

I hereby affirm that the information provided on this form is true to the best of my knowledge and belief.

SIGNATURE: \_\_\_\_\_ Guardian (if under 18): \_\_\_\_\_

PRINT NAME: \_\_\_\_\_ Date: \_\_\_\_\_



973-625-9155



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# SMOKE RISE STRIDERS