

6th Annual
**Sgt. John A. Lyons
Run to Remember
5k & 1 mile Fun Run
June 3, 2017
www.rtrj.org**



Seaside Park, NJ

Proceeds to **Wounded Warrior Project** and
ORC Scholarship Fund

5k Registration by May 15 \$25 (Race Day \$30)

1 Mile Fun Run by May 15 \$15 (Race Day \$20)

Time: Registration Opens 7:30 am Rain or Shine

1 Mile starts 8:30 am & 5K starts at 9:00 am

Awards: 5k Top 3 Overall M/F and Age groups

Directions: Follow signs for Island Beach State Park, So. Seaside Park on 24th Ave.
Meet at 24th Ave basketball courts. Parking available in center median on Central Avenue.

T-Shirts While Supplies Last

REGISTER Online: [//runsignup.com/Race/Events/NJ/SeasidePark/AnnualSgtJohnLyonsRun-toRemember](http://runsignup.com/Race/Events/NJ/SeasidePark/AnnualSgtJohnLyonsRun-toRemember) or by mail 211 24th Ave Seaside Park NJ 08752 NO REFUNDS!

Name _____ **Shirt size (circle)** S M L XL XXL

Address _____ **Phone #** _____

E-Mail _____ **Age day of race** _____ M _____ F _____

5K Runner _____ **5K Race Walker** _____ **1 mile Fun Run** _____

I know that running is a potentially hazardous activity and I should not enter & run unless I'm medically able & properly trained. I assume all risk associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, traffic, other conditions of the course & all such risks being known to me. Having read this & knowing these facts & in consideration of accepting my entry, I myself & anyone entitled to act on my behalf, waive & release the USATF Seaside Park, Berkeley Township, Ocean Running Club, all race volunteers & all sponsors, their employees, representatives & successors from any claim & liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant to all foregoing, the right to use any photographs, motion pictures, recordings or any other record or this event for legitimate purposes. **If under 18 years of age Parent must sign**

Signature _____ **Date** _____

Make Checks Payable to: Ocean Running Club Run to Remember For more information: johnlyonsrun@gmail.com

<https://www.facebook.com/SgtJohnLyonsRunToRemember>