



Rumpshaker 5K & 1 Mile Trail Run/Walk

Saturday, May 31st

To Benefit David Sibley



5K & 1 Mile Races

Date: Saturday, May 31st 2014

Time: 9:00AM Race Start

Registration: 7:30AM—9:00AM

Location: Parvin State Park
701 Almond Rd.
Pittsgrove, NJ 08318
(At the Gazebo)

COURSE

5K/1 Mile course through the trails
of picturesque Parvin State Park

CONTACT

Rebecca Sibley
609 774 2418
bsibley@comcast.net

AWARDS

Top 3 Male & Female 5K (cash
award to first male & female)
Age groups 3 deep, male and fe-
male 40-50, 51-60, 61+

Participation awards to all entrants
10 years and under in the 1 Mile

TECH Shirts for first 100 entrants

2014 Race Entry Form

Make Check or money order payable to: Rebecca Sibley and mail with your completed entry form to:
Rebecca Sibley, PO Box 158, Shiloh, NJ 08353

5K Pre-Registration (by May 28th, 2014)	\$20	\$
5K Race Day Registration (and after May 28th)	\$25	\$
1 Mile Run/Walk Pre-Registration (by May 28th, 2013)	\$10	\$
1 Mile Run/Walk Race Day Registration (and after May 28th)	\$15	\$

Please Print

Bib #

First Name

Last Name

Age

Male

Female

Emergency Phone #

Street

City

State

Zip

Email Address

Waiver: I, the undersigned, acknowledge that a trail run/race/walk is a hazardous activity. I certify that I am medically able and have sufficiently trained for this event. I agree to abide by all decisions of the race as final. In consideration of the acceptance of my entry and intending to be legally bound, I do hereby for myself, and anyone entitled to act on my behalf, waive, release and discharge any and all Rumpshaker committee members, the Township of Pittsgrove, Parvin State Park, the State of NJ, sponsors and their agents, employees, representatives, successors and assignees for any and all injuries suffered by me in said event.

Signature

Date

Guardian if 18 or under

Date

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