



# The Order of the Friendly Sons of the Shillelagh of the Jersey Shore

Presents

## The 4th Annual Shillelagh 5K

In cooperation with the Jersey Shore Running Club and Bar A

Net Proceeds go to support the Club's Charitable giving throughout the year:

Thanksgiving Food Drive, College Scholarship Fund, Christmas Toy Drive  
& Helping Local Individuals and Families in Need

DATE: Saturday, October 7, 2017

TIME: 5K Race 9:30AM 1M Walk 9:35AM

LOCATION: Bar Anticipation, 16<sup>th</sup> Ave Lake Como, NJ

Entry Fee: Pre Registration by September 22<sup>nd</sup> = \$22, \$25 after September 22<sup>nd</sup>.

Kids Under 12 \$10 Pre Registration and \$15 Day of Race - Race Day Registration begins at 8AM

PRIZES: Top Three Male & Female and Top Three Shillelagh Members.

Also for the top runner in different age groups. Plus prizes for the best/funniest costumes

Contact: Bill Ryan, email [info.fsosbelmar@gmail.org](mailto:info.fsosbelmar@gmail.org)

Register on line at [jsrc.org](http://jsrc.org) or [jerseyrunner.com](http://jerseyrunner.com). Check us out at [www.fsosbelmar.org](http://www.fsosbelmar.org)

Return Completed Form with check made payable to the FSOS 5k

Mail to FSOS Shillelagh 5k, PO Box 627, Belmar, NJ 07719

|  |  |  |  |  |  |  |  |  |  |             |  |  |  |  |  |  |  |  |  |      |  |  |  |  |           |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|-------------|--|--|--|--|--|--|--|--|--|------|--|--|--|--|-----------|--|--|--|--|
| Last Name:                                 |  |  |  |  |  |  |  |  |  | First Name: |  |  |  |  |  |  |  |  |  | Age: |  |  |  |  | Sex:      |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |             |  |  |  |  |  |  |  |  |  |      |  |  |  |  |           |  |  |  |  |
| Address:                                   |  |  |  |  |  |  |  |  |  |             |  |  |  |  |  |  |  |  |  |      |  |  |  |  |           |  |  |  |  |
| City:                                      |  |  |  |  |  |  |  |  |  |             |  |  |  |  | State:   |  |  |  |  |      |  |  |  |  | ZIP Code: |  |  |  |  |
| Phone: (     )                             |  |  |  |  |  |  |  |  |  |             |  |  |  |  | Email:   |  |  |  |  |      |  |  |  |  |           |  |  |  |  |
| Circle Event: <b>5K Run</b> <b>1M Walk</b> |  |  |  |  |  |  |  |  |  |             |  |  |  |  | Circle Shirt Size: <b>YS YM YL    S M L XL XXL</b> |  |  |  |  |      |  |  |  |  |           |  |  |  |  |
| Shillelagh Member? (circle)    YES    NO   |  |  |  |  |  |  |  |  |  |             |  |  |  |  | Youth  |  |  |  |  |      |  |  |  |  | Adult     |  |  |  |  |
| Registration Fee \$ _____                  |  |  |  |  |  |  |  |  |  |             |  |  |  |  | Optional Additional Donation \$ _____              |  |  |  |  |      |  |  |  |  |           |  |  |  |  |

### Waiver of my rights to make claim for illness and/or injury

In consideration for my being permitted to participate in the racing event, I hereby waive and relinquish all of my rights to make a claim or file a lawsuit for any injuries and/or illness that might happen to me during or after this racing event. I fully understand that the Friendly Sons of the Shillelagh of the Jersey Shore is merely sponsoring this racing event as a charity function of the club. I understand the Friendly Sons of the Shillelagh of the Jersey Shore has not made an inspection of the racing course. I further state that I am not relying on any representations of the Friendly Sons of the Shillelagh of the Jersey Shore, either express or implied, as to the nature or quality of the racing course concerning terrain and/or conditions of the course. I understand that participation in a race that is run on municipal streets and or sidewalks has conditions on the ground that includes potholes, depressions and other uneven surfaces and is utilized by other individuals in motor vehicles, on bicycles, pedestrians, etc. that may cause me injury. I hereby release the Friendly Sons of the Shillelagh of the Jersey Shore from all anticipated and unanticipated events that might hurt me. I also know that running a road race or walking for any distance is a potentially hazardous activity and that I should not enter and run or walk 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/walk. I assume all risks associated with running and walking this event including but not limited to falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the 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 Friendly Sons of the Shillelagh of the Jersey Shore, its Officers, Members and race volunteers, the boroughs of Belmar, Lake Como and Spring Lake and its Departments and employees, Jersey Shore Running Club, Bar Anticipation and all sponsors and 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 of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant signature (or parent/guardian if under 18). Must be a signature here.