



Toms River, New Jersey • (732) 240-3666

Presents the

RACE FOR RAY KING 5K

Saturday May 11, 2019

5K – 9:00 AM Kiddie Dash 10:00

Proceeds will be donated to the **Joan Dancy & PALS Foundation**

Race Day Registration 8:00 AM

START TIME: 5K – 9:00 AM Kiddie Dash 10:00

Entry Fee **5K:** \$25 Pre-Registration by April 17th | \$30 Post-Reg & Race Day ***No Refunds***
Kiddie Dash: No Charge, No Pre-Registration needed

RACE SHIRTS GUARENTUED TO FIRST 150 REGISTRANTS

Course Winding River Park. Fast, scenic, shaded course.

One water stop. Strollers permitted. No skates, blades, bikes or pets.

Awards **5K** – Top 3 overall male & female, 1st Place Male & Female in 5 year **age groups: 14 & under thru 70+**

5K awards and refreshments will be at the Pavilion.

Directions Winding River Park, Entrance off of Whitesville Rd. Across from Skating Center
Please park by Skating Center.

Raffle Prizes!!

Must be present for raffle prizes

For additional information: [email karin@oceancountybar.org](mailto:karin@oceancountybar.org)

2019 Race for Ray King 5K

Mail form to: Ocean County Bar Association

100 Hooper Ave., P.O. Box 381 Toms River, New Jersey 08754

Make check out to: **OCBA**

First Name _____ Last Name _____ M ___ F ___

Address _____ City _____ State _____ Zip _____

Phone _____ Event: 5K _____



(Bib #)

DOB ___/___/___ Age on Race Day _____ **5K Only** Male Shirt Size S M L XL XXL | Female Shirt Size XS S M L

Email _____

Disclaimer: I know that running is a potentially hazardous activity and I should not enter and run unless I'm medically able and 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 OCEAN COUNTY BAR ASSOCIATION, TOMS RIVER, 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, video, and audio tape of my participation in the events for any and all purposes. By signing my name below, I certify that I have read all the items & conditions of this release and do intend to be legally bound thereby.

Signature: _____

Date: _____

(or Parent if runner is under 18)

John Dancy & PALS (People with ALS) Foundation

The Joan Dancy and PALS Foundation is based out of Red Bank, New Jersey, and was formed in 2005 by Terry Magovern in honor of Joan Dancy, his late fiancé, after she succumbed to ALS. Their mission is to help people in our local communities afflicted with ALS by providing a better quality of life for them and their families.

ALS (Amyotrophic Lateral Sclerosis), also known as Lou Gehrig's disease, is a progressive debilitating disease that attacks nerve cells in the brain and spinal cord, resulting in muscle weakness and atrophy.

The Joan Dancy & PALS Foundation is dedicated to improving the lives of ALS patients and their families in Monmouth and Ocean Counties. The Foundation offers Support Group and Caregiver Meetings, ongoing assistance, support and home visits by professional staff, In-Home Care, temporary custodial relief to primary caregivers of ALS patients, the Ventilator Program, the Durable Medical Equipment Loan Program, social outlets for patients and families, and educational seminars.