

15th
ANNUAL
AVON 5K
RUN /
WALK

8:30 A.M.
Saturday June 5, 2010
Avon-by-the-Sea, N.J.

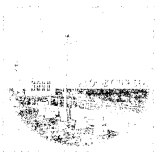
Avon First Aid & Safety Squad
P.O. Box 3, Avon, N.J. 07717

All of the proceeds from the 15th Annual Avon 5K Run/Walk will benefit the Avon-by-the-Sea First Aid & Safety Squad.

The Avon-by-the-Sea First Aid & Safety Squad is a private, non-profit organization that provides emergency medical and rescue services 24 hours a day, 7 days a week. It has provided these services since 1931.

The Squad is staffed entirely by volunteers, who are trained to respond to calls for emergency medical services within the Borough of Avon, and in neighboring communities, when needed.

The Squad relies upon your generous contribution to help pay all of our operating expenses. We thank you for your support.



15th Annual Avon 5K Run/Walk

Entry Fees \$15 postmarked by May 22 \$20 after May 22

Last Name _____ First Name _____

Address _____ City _____

State _____ Zip _____ Phone (____) _____

Age _____ Circle- Male Female E-mail _____

Circle Shirt Size (adult) - S M L XL

I know that running a road race is a potentially hazardous activity and that I should not enter and run 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. I assume all risks associated with running 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 Avon-By-The-Sea First Aid & Safety Squad, it's officers, members and race volunteers, the Borough of Avon-By-The-Sea and it's Departments and employees, and all sponsors, 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 person 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.

INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED

Signature (if over 18) _____

Signature of Parent or Guardian (if under 18) _____

Date _____

**Send completed entry form with check or money order to:
Avon 5K, P.O. Box 3, Avon, NJ 07717
(make checks payable to "Avon First Aid & Safety Squad")**

If you want a registration number mailed to you, enclose a self addressed business size stamped envelope for each entry (must be postmarked by May 15).

Avon 5K is held in cooperation with the Jersey Shore Running Club (www.jsrc.org)

To benefit the Avon-By-The-Sea First Aid & Safety Squad

Date Saturday June 5, 2010

Start Time 8:30 am

Location Ocean & Norwood Ave., Avon, NJ

Early number & shirt pickup (at Avon 1st Aid Bld. 520 Main St. Avon NJ 07717)

Wednesday June 2, 5-7 PM

Thursday June 3, 5-7 PM

Late Registration / Shirt Pickup (at Avon Pavilion, Ocean & Norwood Avenue)

Friday June 4, 6-8 pm

Saturday June 5,, 7-8:30 am

Course

- Computerized timing & scoring
- Results posted at www.jsrc.org
- Clocks & water stops at each mile
- Seaside, flat, partially shaded streets

Awards \$400 Total Cash Prize

- Top 3 male & female
- Top Avon male & female
- Top in age category
- Random Prize Drawings (must be present to be eligible)

Shirts guaranteed to the first 1000 registered entries.

Refreshments for all contestants

For information: avon5K@hotmail.com

Register online at www.jerseyrunner.com

Directions: Parkway Exit 100, Route 33 East until the end, right on Main Street, approx 1.5 miles to Norwood Ave, left to Ocean Ave.