



16th Annual Avon 5K Run / Walk

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

Date Saturday June 4, 2011 **Start Time** 8:30 am

Location Ocean Avenue & Norwood Avenue, Avon, NJ

Entry Fees \$20 postmarked by May 21 \$25 after May 21

Early Number & Shirt Pickup (at Avon 1st Aid Bldg. 520 Main St. Avon NJ 07717)

Saturday May 28, 10 AM to 1 PM Wednesday June 1, 5-7 pm Thursday June 2, 5-7 pm

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

Fri June 3, 6-8 pm Sat June 4, 7-8:30 am

SHIRTS GUARANTEED TO FIRST 1500 REGISTERED ENTRIES!
REGISTER EARLY IF YOU WANT A SHIRT!

Random drawings (must be present to be eligible). Refreshments for all contestants.

Course Avon 5K is held in cooperation with the Jersey Shore Running Club

- Computerized chip 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 óTop in age category

Last Name _____ First Name _____

Address _____ City _____ State ____ Zip _____

Phone () _____ Age _____ Circle- Male Female

E-mail _____ Circle Shirt Size (adult) - S M L XL XXL (limited)

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) _____ Date _____

Signature of Parent or Guardian Signature (if under 18) _____

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")

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.

For information: avon5K@hotmail.com or [Facebook](#) or [Register online at www.jerseyrunner.com](http://www.jerseyrunner.com)