

# Annual 5K

**Proceeds will benefit the  
Department for Persons  
with Disabilities**

**Date: 4/16/2011**

**Time: 9:45 am**

**Pre-register by: 4/10/2011**

**Race Location Start & End:**  
American Legion Building  
Legion Road, Milton, NJ  
(Off of Berkshire Valley Road)

Race Day Registration: 8am—9:30am  
Race Time: 9:45am

### Entry Fee

Pre-Register online at: [www.bestrace.com](http://www.bestrace.com)  
or mail back the attached registration form

- \$20.00 for pre-registered runners (by 4/10/2011)
- \$25.00 for race-day registration



Knights of Columbus  
Joseph F. Lamb Council  
No. 5510  
Oak Ridge, NJ



## MEDALS

**Top 3 Males /  
Top 3 Females**

- 15—19
- 20—29
- 30—39
- 40—49
- 50—59
- 60—69
- 70+

## Race Shirts for Participants

*\*\*while supplies last*

USATF Certified Course No. NJ10517JHP  
Restroom Facilities Available

**For more information**

**Contact Mike Murphy at (908) 208-5190**

In consideration of your acceptance in the Knights of Columbus 5K run, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administration, waive and release any and all rights and claims for damages, and hold harmless, the presenting organization, (Knights of Columbus Council No. 5510) and any sponsoring organizations, and any co-sponsors, their representatives, successors, agents, servants or employees, and assignees for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to successfully compete in this event, and I certify that I am in good physical condition for this event. I understand that if the event cannot be held due to an act of God, or circumstances beyond control, the organizer is not liable to refund any money paid by me to participate. I hereby grant permission to the Knights of Columbus Council No. 5510 to use photos that may include me for any promotion and publicity. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.

### Mail form and check to:

Knights of Columbus  
Council No. 5510  
PO Box 2624  
Oak Ridge, NJ 07438

Download this form at:  
[www.bestrace.com](http://www.bestrace.com)

**Make check payable to:**  
K of C Council #5510

First Name

Last Name

Address

City / State / Zip

Email

Phone

Date of Birth

Age on Race Day

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date



Circle: M F    Shirt Size: S M L XL XXL

How did you hear about this 5K? \_\_\_\_\_