



UnitedHealthcare®



6th Annual

TURKEY SWAMP RACE DAY

10 miles, 25K, 20 miles and 50K (31 miles)

August 9, 2009 (8:30 AM Start)

Turkey Swamp Park, Freehold, NJ 07728



Sponsored by the Budzyna Family In Honor of Kathee and in support of Melanoma Awareness.

Start Location & Directions:

Turkey Swamp Park, Freehold, NJ
NJ Turnpike to Exit 7A to **Interstate 195 east**. Follow I-195 east to **exit 22**. Turn left onto Jackson Mills Rd. north. Follow Jackson Mills Rd. to **Georgia Rd.**, turn left and follow 1.7 miles to main park entrance. --

NJ GSP to Exit 98 to I-195 west to Exit 22. Turn right onto Jackson Mills Rd. north; follow Jackson Mills Rd. to Georgia Rd.; turn left and follow 1.7 miles to main park entrance. -- Hwy. 9 to route 524 west to Georgia Rd., turn left and follow Georgia Rd. 1.7 miles to main entrance.

- Awards: Top 3 finishers overall (M/F) in each race
- 50K Finishers receive finishers medals & embroidered running hats
- All participants receive Turkey Swamp Tech Tees.
Size NOT guaranteed to Post-Reg.
- Course: Multiple loops. Start on park dirt road then onto flat single track trail.
- Free Race Day picnic open to all.

Fees:

10 Miler: \$25 (till 6/30); \$30 (till 7/31); \$35 (Race Day)
25K & 20 Miler: \$30 (till 6/30); \$35 (till 7/31); \$40 (Race Day)
50K: \$60 (till 6/30); \$70 (till 8/2) No Race Day Reg.

50K runners: - pre-registration only. No registration after 8/2/09!

- Time Limit: 7.5 hours—You must finish by 4:00pm!
- NJRRC members take a \$5 discount on pre-registration
- No post-registration for the 50K

☞ Register online with www.raceforum.com/swamp

Make check to: NJRRC-Turkey Swamp

Mail to: TS Races, PO Box 198, Oceanport, NJ 07757

I know that running is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. 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 Road Runners Club of America, the New Jersey Road Runners Club, its Officers, Members, and race volunteers, the Monmouth County Board of Recreation Commissioners, the Monmouth County Park System, and employees of these organizations, 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 even though that liability may arise out of negligence or carelessness of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Please Print Neatly!

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Circle: M F Age (on race day) _____

Email: _____ @ _____

Circle Event: 10 mile 25K 20 mile 50K

T-shirt Size: XS S M L XL 2XL

Signature _____ Date _____

Check here if NJRRC member.

Please send me an NJRRC application.

Amount Sent: \$ _____