



Recovery Along the River
Foundation's

"Run the Hills" 5K Sunday, May 4, 2014

Location Shark River Marina, 149 S. Riverside Drive, Neptune, NJ

Start Time 5K Run - 9:00 AM 2 Mile Walk (non-competitive) 9:05 AM

Course Flat and fast along the Shark River and through Shark River Hills. Traffic controlled, water stops. Refreshments after race.

Awards "Recovery Along the River Hooded Sweatshirts"
Top Male & Female Top 3 in 5 Year Age Groups
1st Shark River Hills Resident Male & Female

Contact Info@recoveryalongtheriver.org -
Online registration available at: www.jsrc.org

Send Check or money order payable to Recovery Along the River Foundation, Inc., with the form below completed and signed to:
Run the Hills 5K
Recovery Along the River Foundation
50 Neptune Boulevard, #256
Neptune, NJ 07753

1st ANNUAL "RUN THE HILLS" ENTRY FORM

Circle Your Choices:

Race Distance

5K Run 2 Mile Walk

Male/Female

Male

Female

Fee

\$25 Until 4/25 \$30 After 4/25

(No T-Shirt Guarantee after 4/25)

Last Name _____ First _____

Address _____ City _____

State _____ Zip _____ Telephone _____ Email _____

Age _____ Birthdate _____ T-Shirt Size S M L XL XXL

In consideration of your accepting this entry, I hereby for myself and/or as guardian, my executors, administrators, do hereby waive, release any and all rights and claims for damages I may have against the Recovery Along the River Foundation, Inc., Township of Neptune, sponsors, volunteers or individuals associated with this event, and their representatives, successors and assigns for any and all injuries suffered by me in said event. I hereby state I have conditioned myself to participate in this event. I also authorize Recovery Along the River Foundation, Inc. and Run the Hills 5K officials to utilize any photographs and videotape of my participation in this event for any and all purposes. I understand no refunds will be issued. By signing my name below, I hereby certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Signature _____ DATE _____

(Parent must sign if participant is under 18)