



BARNEGAT TOWNSHIP PBA LOCAL 296 5K RUN



5th ANNUAL COPS - N - RUNNERS

5K ROAD RACE

Sunday, June 13, 2010 - 9 am



Race begins at E. Bay Ave. in front of the Barnegat Municipal Dock
We are a walker friendly event!

All Proceeds from this event will benefit Police Benevolent Local 296 and charitable needs in Barnegat Township

- T-Shirt to the first 100 registrants for 5K
- Trophies to the overall male and female 5K winners
- Awards to the top three male and female winners in the following categories: Youth (ages 14 & under) Open (ages 15-19) Open (ages 20-29) Open (ages 30-39) Open (ages 40-49) Open (ages 50-59) and Masters (ages 60 and above)
- First place award for top Law Enforcement participant
- Refreshments will be served
- Timing and results by L & M Computer Sports
- Race details available at www.barnegatpolice.com

For more information contact Wayne Eslinger or Bill Sierchio at (609) 698-5000 or email us at PBA296@aol.com

ENTRY FEES

\$8 Pre-race* / \$10 on Race Day
Age 17 and under

\$18 Pre-race* / \$20 on Race Day
Age 18 and over

*Pre-race entries must be postmarked by June 1, 2010 for lower entry fee

REGISTRATION AND RELEASE

Method of Payment: CASH _____ CHECK # _____

LAST NAME _____ FIRST NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____ BIRTHDATE _____

PHONE _____ EMAIL ADDRESS _____ AGE _____ SEX _____

I acknowledge that I am aware of the risks involved in participating in a road race. I hereby waive the PBA Local 296, the Township of Barnegat, The USA Track and Field Association and L & M Computer Services from any liability arising from the active participation of this event.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNED THIS RELEASE AND WAIVER.

Signature _____
(Parent/Guardian's signature required if under age 18)

Date _____
T-shirt Size: Adult: S M L XL XXL
(circle one) Youth: S M L XL

PLEASE RETURN THIS FORM WITH A CHECK TO:
PBA 296 • P.O. BOX 100 • BARNEGAT, NJ 08005