



BARNEGAT TOWNSHIP PBA LOCAL 296 5K RUN



4th ANNUAL COPS - N - RUNNERS

5K ROAD RACE

Sunday, June 14, 2009 - 9 am

Dedicated to the memory of Kathleen Pojednic

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 18 & under) Open (ages 19-26) Open (ages 27-34) Masters (ages 35+)
- 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

\$5 Pre-race* / \$10 on Race Day
Age 17 and under

\$15 Pre-race* / \$20 on Race Day
Age 18 and over

*Pre-race entries must be postmarked by June 1, 2009 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 _____

_____ Please check here if you would like to be notified by email of other PBA Charitable events.

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 _____

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