



HARBOR HOUSE 5K FUN RUN-WALK FOR NEW BEGINNINGS

Date: November 13, 2010

Location: Winding River Park in Toms River, NJ

Registration: Begins at 8:00 a.m. at Winding River Park
(1211 Whitesville Road, Toms River, NJ)

Race Times: 09:30 a.m. - 1 Mile Trot
10:00 a.m. - 5K Run
10:15 a.m. - 5K Walk

Course: 5K Measured, Certified Course and Sanctioned
by the USATF

Course Description: Fast, flat, scenic park

5K Entry Fees: \$20 pre-registration fee if received by October 15th
\$25 pre-registration fee if received by November 1st
\$30 post-registration fee after November 1st or on day of race
Race day T-shirt to all pre-registrants, and post-registrants will receive t-shirts
while supplies last.

1 Mile Fun Trot/Walk: \$10 received by October 15th
\$15 received after October 15th or on day of race

*No pets, roller blades, bikes, or skateboards during the 5K Run • Strollers will be permitted during the 1 mile Trot/Walk and 5K Walk
No Refunds will be given*

Goody Bags

Post Race Refreshments

Rain or Shine

Race Results will
be available on
www.oceansharborhouse.org

Official Entry Form

One Entry Per Applicant • Online Application available at oceansharborhouse.org/fun-run-walk

I will participate in the following event: 1 Mile Fun Trot/Walk 5K Run 5K Walk

Please check T-shirt size: S M L XL XXL

Last Name		First Name	
Street			
City	State	ZIP	
Phone		E-Mail	
Sex	Age (on race day)	Birthday	
<input type="checkbox"/> M <input type="checkbox"/> F			

Waiver - Please Read Carefully and Sign

In consideration of the acceptance of this application for entry in the Harbor House 5K Fun Run Walk for New Beginnings, I the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless Ocean's Harbor House, Ocean's Harbor House Foundation, race sponsors, and any person and entity associated with the race from any claims for damages of any nature arising out of my participation in this event. Further, I recognize that I must be in good health and of sufficient training and experience in order to participate in this event. I also give permission for the use without fee, of my name and picture in any broadcast, telecast or print media account of this event for promotional or publicity purposes. I further acknowledge that I have read and accept these conditions under which my entry is made.

Participant's Signature

Date

Signature of Parent or Guardian
if Child is under the Age of 18

Make checks payable to: Ocean's Harbor House • 2445 Windsor Ave • PO Box 1714 • Toms River • NJ 08754
Contact & Registration Drop-Off: Laura Snyder • Ocean's Harbor House • 1868 Hooper Avenue • PO Box 622 • Toms River • NJ 08754
(732) 864-2111 • lsnyder@oceansharborhouse.org

Additional Information & Directions on www.oceansharborhouse.org