

St. Benedict School
PTA
Presents
1st Annual
5K Challenge
1 mile Health Walk

All pre-registered runners will
receive a t-shirt

Be a sponsor
Family name will
appear on the back
of the t-shirt for a
\$20 donation

WAIVER AND RELEASE

I know that participating in the Saint Benedict Catholic Church and School 5K Challenge (& Walk) (the "Event") is a potentially hazardous activity. Unless medically able and properly trained, I agree not to enter and participate or allow any ward under my legal guardianship to enter and participate and will abide by any decision of a race official relative to the same. By executing this application, I am voluntarily entering myself or my ward and assuming all risks associated with such participation in the Event including all such risks including, but not limited to, falls, contact with participants, spectators or others, the effects of weather/traffic and the conditions of the road. I acknowledge that I have read and fully appreciate this Waiver and Release and in consideration of your accepting this application, I, for myself and anyone entitled to act on my behalf or for any ward I am acting on behalf of, waive and release Saint Benedict Catholic Church and School, the Township of Holmdel and any sponsors of the Event including, but not limited to, all employees, servants, agents, volunteers and representatives of the foregoing, from any and all present and future claims and liabilities of any kind, known or unknown, arising out of participation in the Event. Additionally, I grant on my behalf or for any ward I am acting on behalf of, permission to all of the foregoing to use photographs, videos or any other records of participation by myself or said ward in the Event for any legitimate purpose without remuneration.

Entrant (block capitals) _____

Signature: _____

Date: _____

If necessary:

Parent/Guardian Signature: _____

Date: _____



1st Annual
5K Challenge/
Health Walk

Saturday, April 12, 2008

Health Walk: 9am

5K Challenge: 9:30am

Registration to begin at:
7:30am

Presented by
St. Benedict School

Saint Benedict School PTA

1st Annual 5K

5K Challenge/ 1 mile Health Walk

Saturday, April 12, 2008

Start Times: Health Walk: 9:00am/5K: 9:30am

Registration to begin at 7:30am

Saint Benedict School

165 Bethany Road

Holmdel, NJ 07733

To enter, fill out application completely (*one entry per person*)

Sign and return with your entry fee (check) payable to:

St. Benedict School PTA

Attention: 5K RUN - 165 Bethany Road – Holmdel, NJ 07733

For information e-mail: ecannarozzo@comcast.net

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

T-shirts awarded to pre-registration runners by March 1, 2008

Shirt size (circle one) – Adult SM Adult M Adult L Adult XL Youth SM Youth M Youth L

PLEASE SIGN RELEASE ON THE BACK OF THIS FORM

Check appropriate boxes below. No refunds, exchanges or transfers. Event is rain or shine.

Pre-registration (postmarked by March 1, 2008)

5K challenge/health walk \$20.00

5K challenge/health walk kids (under 13) \$10.00

T-shirt sponsorship \$20.00 (must be in by March 1, 2008 *(T-shirts will have sponsor's names on the back)*)

Late Registration (after March 1, 2008)

5K challenge/health walk \$25.00

5K challenge/health walk kids \$15.00

Name as you would like it to appear on back of shirt _____

Please print clearly

****N.J. Road Runners Club (NJRR) receive a \$2.00 discount on entry fee****

Awards and Amenities

* Cash Prizes

Top male and female overall finishers will receive cash prizes and medals.

1st Place \$100

2nd Place \$50

3rd Place \$25

* Post-race refreshments for all.

* Challenge/Health Walk to begin and end at St. Benedict School

* Hilly, challenging course through residential Holmdel. Two water stops and mile markers.

Race Packet Pickup

St. Benedict Church

Father Anderson Library

Thursday – April 10th

2pm-3pm and 7pm-8pm

St. Benedict School Parking Lot

Day of Race

7:30am-9am