



Monmouth County Park System presents the
2010 Manasquan Reservoir Five Mile Run



Sunday, September 26, 2010
9:00 A.M. Start
Manasquan Reservoir, Howell, NJ

Course: The scenic 5-mile loop passes through the woodlands and marshes of this 1,052 acre recreation area. The perimeter trail offers the beginner and experienced runner an ideal cross-country type course.

Registration: Online registration available at www.monmouthcountyparks.com.
\$20.00 pre-registration must be received by September 18th. \$25.00 race day; registration starts at 7:30 am.
Make checks payable to: Board of Recreation Commissioners.
Mail to: Program Reservations, Monmouth County Park System, 805 Newman Springs Road, Lincroft, NJ 07738-1695.

Awards: Awards are presented to the top three men and women finishers as well as the first three in the following age groups: 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and up. Race-walker award is also given.

Directions: From Route 9, exit East onto Georgia Tavern Road in Howell, then right onto Windeler Road.
From I-195, use exit 28 for Route 9 North and continue as described above.
From Garden State Parkway, use exit 98 for I-195 West and continue as described above.

A course map, additional directions, and other race details will be mailed to all pre-registered runners.

Information: A course map, additional directions, and other race details will be available online.
For additional information, please call (732) 542-1642, Extension 27 or jbutler@monmouthcountyparks.com.

2010 MANASQUAN RESERVOIR FIVE MILE RUN Please print Program #X0704X

Last Name _____ First Name _____

Address/P.O. Box _____

City _____ State _____ Zip _____

Age (day of race) _____ Sex _____ Walk _____ Run _____ Adult T-shirt size S _____ M _____ L _____ XL _____

Phone Number (day) _____ Phone Number (evening) _____

Email address _____

Official use
only

Please read and sign waiver

In consideration of the acceptance of my application for entry in the Monmouth County Park System Manasquan Reservoir Five Mile Run, I, the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Monmouth County Park System, Monmouth County Board of Recreation Commissioners, Monmouth County Board of Chosen Freeholders, New Jersey Water Supply Authority, and any person or entity associated with the race from any claims for damages, demands, liability actions or judgments of any nature, arising out of my participation in the event.

I recognize that I must be in good health and of sufficient training and experience in order to participate in the event. I further state that my ability to participate in and successfully compete in this event has been attested to by a qualified, licensed physician. 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 and publicity purposes. I further acknowledge that I have read and accept these conditions under which my entry is made.

PARTICIPANT'S SIGNATURE

DATE

SIGNATURE (PARENT OR GUARDIAN IF UNDER 18)

DATE