



# 24<sup>th</sup> Annual Avon 5K Run / Walk



The proceeds will enable the Avon-By-The-Sea First Aid & Safety Squad to continue to provide life-saving emergency medical services to residents and visitors alike

**Date** Saturday June 1, 2019 **Start Time** 8:30 am

**Location** Ocean Avenue & Norwood Avenue, Avon, NJ

**Entry Fees** \$20 postmarked by May 18 \$25 after May 18 **REGISTER EARLY**

**Early Number & Shirt Pickup** (at Avon First Aid Building, 520 Main Street, Avon)

Wednesday May 29, 5:00-7:00 pm Thursday May 30, 5:00-7:00 pm

**Late Registration / Shirt Pickup** (at Avon Pavilion, on Boardwalk at Norwood Avenue, Avon)

Friday May 31, 6:00-8:00 pm Saturday June 1, 7:00-8:30 am

## SHIRTS GUARANTEED TO FIRST 1200 REGISTERED ENTRIES

Random drawings (Runner must be present to be eligible) Refreshments for all contestants

**Trophies** - Top in age category **\$400 Total Cash Prize** - Top 3 male & female / Top Avon male & female

**Course** Avon 5K is held in cooperation with the Jersey Shore Running Club

- Computerized chip timing & scoring
- Clocks & water stops at each mile
- Results posted at [www.jsrc.org](http://www.jsrc.org)
- Seaside, flat, partially shaded streets

### INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED

(PRINT) Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Age \_\_\_\_\_ Circle- Male Female

Circle Adult Shirt Size - S M L XL XXL How did you find out about our race? \_\_\_\_\_

**WAIVER-** I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather (including low or high temperatures and/or humidity), traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Avon-By-The-Sea First Aid & Safety Squad, its officers, members and race volunteers, the Borough of Avon-By-The-Sea and its Departments and employees, and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the person named in this waiver. Further, I grant to all of the foregoing permission to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (if entry is 18 or over) \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian (if entry is under 18) \_\_\_\_\_

In Case of Emergency Contact \_\_\_\_\_ Emergency Phone # ( ) \_\_\_\_\_

Send completed entry form with check or money order to:

Avon 5K, P.O. Box 3, Avon, NJ 07717 (make checks payable to "Avon First Aid & Safety Squad")

**Directions:** Parkway Exit 100, Route 33 East until the end, right on Main St, approx 1.5 miles to Norwood Avenue, left to Ocean Ave

**For information:** [avon5K@hotmail.com](mailto:avon5K@hotmail.com) Facebook Register online at [www.runsignup.com](http://www.runsignup.com)

FOR OFFICE USE ONLY: \_\_\_\_\_ CASH AMT \_\_\_\_\_ CHECK AMT (# \_\_\_\_\_)