



The Sixth Annual

PORICY PARK TRAIL RUN

~ Presented by ~

THE PORICY PARK CONSERVANCY

IN COOPERATION WITH THE JERSEY SHORE RUNNING CLUB

ALL PROCEEDS WILL BENEFIT THE PRESERVATION OF PORICY PARK

www.poricipark.org • Poricy Park Conservancy is a non-profit organization; donations are tax deductible.

Date: Saturday, December 5, 2009

Events: 5K Run/Walk, 5 Mile Run and Kids' 2K Fun Run through the trails of scenic Poricy Park in Middletown, NJ. 5 Mile is part blacktop. Awards ceremony to follow.

Time: 9:30 a.m. Race Start (check-in 8:30 a.m. at Nature Center)

Course: Rolling Trails, Mostly Grass and Dirt Terrain (blacktop part of 5Mile)

Directions: From the North--Garden State Parkway to Exit 114. At light at end of ramp, make a left onto Red Hill Rd. Make a right onto Dwight Rd. and stay on this road for 1.5 miles. At light, turn left onto Middletown-Lincroft Rd. Continue for 1/4 mile, and turn right at first light onto Oak Hill Rd. Go over one set of RR tracks. Make right into Poricy Park just before second set of tracks. From the South--GSP to Exit 114. Make right at the end of the ramp, stay in right lane onto Dwight Rd. Follow directions above.

For Park and race information: (732) 842-5966

✂..... **IMPORTANT— PLEASE PRINT CLEARLY.**.....

First Name: _____ **Last Name:** _____ **Age on Race Day:** _____

Address: _____ **Male** _____ **Female** _____

City: _____ **State:** _____ **Zip Code:** _____

Phone: _____ **E-Mail:** _____

Fee: (check applicable boxes)

T-Shirt Size: (check one)

Adult

Youth

- | | | |
|----------------------------|-----------------------------|----------------------------|
| <input type="checkbox"/> S | <input type="checkbox"/> M | <input type="checkbox"/> M |
| <input type="checkbox"/> L | <input type="checkbox"/> XL | <input type="checkbox"/> L |

(T-shirts for first 100 registrants)

- 5K Run/Walk **\$20** if received by 11/ 25
- 5 Mile Run **\$20** if received by 11/ 25
- 5K Run/Walk **\$25** after 11/25
- 5 Mile Run **\$25** after 11/25
- 2K Fun Run, **\$10** if received by 11/25 (Special: 3 kids for the price of 2)
- 2K Fun Run **\$15** after 11/25
- Students w/School ID \$10**

I would like to make a \$ _____ donation to Poricy Park

Total Payment: \$ _____

(Make check payable to Poricy Park—Do not send cash)

Mail check and bottom half of this form to: Poricy Park, P.O. Box 36 Middletown, NJ 07748

LIABILITY WAIVER (Failure to sign with date will void your registration)

I know that running a trail run is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I acknowledge and assume all risks associated with running this event including but not limited to falls, poison ivy, bee stings, contact with branches, rocks, other participants, deer bites, ticks, the effect of 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 waive and release the Poricy Park Conservancy, the Township of Middletown, together with their officers, trustees, employees, members, and volunteers, from any and all claims and liabilities of any kind arising out of my participation in this event. **PHOTO RELEASE:** I understand that photos or videos may be taken for marketing purposes to promote Poricy Park and will not be sold. I authorize Poricy Park Conservancy to use said images in which I may appear.

Signature _____

(parent signature if registrant is under 18)

Date _____