

**RUNAWAY A.C.  
FIRST RUN/WALK  
2010**

OCEAN CITY, NEW JERSY  
BOARDWALK 5K AND WALK  
FRIDAY, JANUARY 1, 2010

Registration : in the Music Pier on the Ocean City Boardwalk between 8<sup>th</sup> & 9<sup>th</sup> Street.

5K Start and Finish: in front of Music Pier.

Shirts for all pre-registered runners & as SUPPLIES LAST ON RACE DAY.

Refreshments are available after the race.

Walk is non competitive.

**RACE START TIME 1:00 P.M.(registration begins at 11:30 A.M.)**

AWARD CATEGORIES Male and Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in the following age groups:

14 and under	40 - 49
15 - 19	50 - 59
20 - 29	60 - 69
30 - 39	70 and over

ENTRY FEE: 18.00 PRE- REGISTRATION if received by December 28, 2009  
**\$20.00 RACE DAY REGISTRATION: 5K AND WALK (NO EXCEPTIONS)**

\*WALKERS\*  
\$20.00 (with shirt)  
\$10.00 (no shirt)

RACE DIRECTOR  
MIKE GIVENS 609-861-0674  
[runaway@comcast.net](mailto:runaway@comcast.net)

Make checks payable to RUNAWAY A,C,  
MAIL COMPLETED FORMS TO: RUNAWAY A,C,  
c/o MIKE GIVENS  
106 GRAVEL HOLE RD.  
CMCH, NJ. 08210

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NAME \_\_\_\_\_ SEX M F Age \_\_\_\_\_  
Address \_\_\_\_\_ (On Race Day)  
Shirt Size; S M L XL XXL  
Phone # \_\_\_\_\_ e-mail \_\_\_\_\_

I know running can be a hazardous activity. I certify I have sufficiently trained for this event. I agree to abide by all decisions of the race as final. In consideration of the acceptance of my entry and intending to be legally bound, I do hereby for myself, and anyone entitled to act on my behalf, waive, release, discharge, and hold harmless the City of Ocean City, The Runaway Athletic Club, and all other sponsors, from any and all liability arising from participating in this event.

Signature(By Legal Guardian if Under 18 Years of Age) \_\_\_\_\_