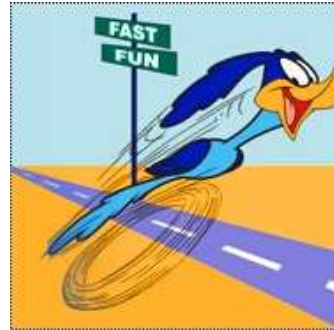


Jersey Shore Running Club presents the 13th Annual Lake Como 5K Romp

Large Portion of Sponsorship monies go to the
BPOE ELKS Camp Moore for Children with Special Needs



Sat, April 29, 2017; Start time: 10am @ **Bar Anticipation**

16th Ave Lake Como, NJ

Registration: \$20 until April 14th; \$25 April 15th Thru Race Day

Early Shirt Pick-up: **Bar A**, Fri. Night, April 28th 5:30-7:00pm

Race Day Registration & Check In: 8:30 am @ **Bar A** Awards: Top 5 Overall Male/Female

Post Race Party: Free Barbeque, Soda, & Drink specials

Info: runningfraz143@yahoo.com or cralburtus@aol.com REGISTER ON-LINE at www.jsrc.org

NAME _____

Age _____

Male _____ Female _____ City _____

State _____ Zip _____ E-Mail _____ Phone _____

Shirt Size (check one) ADULT: S M L XL XXL RELEASE/WAIVER: I realize that running a road race is a

potentially dangerous activity and that I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this event.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I waive and release the Jersey Shore Running Club, it's officers,

members and race volunteers, the Boroughs Lake Como and Spring Lake, their departments and employees, Bar Anticipation and all sponsors from any and all

claims and liabilities of any kind arising out of my participation in this event or the carelessness of persons named in this waiver. Further, I grant to all of the foregoing

to use any photographs, videos, recordings or any other record of this event for legitimate purposes.

SIGNATURE _____ DATE _____ (Parent/Guardian must

sign for participants under 18) Return entry form w/Check or M.O. to: JSRC — LAKE COMO

5K, 151 Lake Ave., Manasquan, NJ 08736