10th Annual Anniversary Celebration!

SHEPHERD LAKE 5K

Ringwood State Park, Ringwood NJ 07456

Saturday, May 15, 2010 starting 8:30 a.m.

Rain or Shine come celebrate with family & friends!

Schedule:

7:30 a.m.	Registration Begins
8:30 a.m.	1 Mile Kids' Fun Run
8:45 a.m.	1 Mile Walk
9:00 a.m.	Kids' Dashes
9:30 a.m.	5K Run / Walk

Award Ceremony Immediately Following

Directions:

www.RingwoodEF.org

USA TRACK&FIELD NEW JERSEY
new balance north jersey
New Balance Grand Prix 500 points

Registration:
By mail: REF, Inc., P.O. Box 297, Ringwood, NJ 07456
Online at : www.RaceForum.com/Shepherd (NO EXTRA FEE) and www.Active.com;
or download the registration form at www.RingwoodEF.org
For info & to be a sponsor call Luis: 201-741-3251 or ShepherdLake5K@yahoo.com

Info: Parking, registration and start & finish lines located at Shepherd Lake;
Tech T-shirt guaranteed for first 300 registered; Team Scoring for teams of 3 or more

Course: A beautiful, challenging route through Shepherd Lake and Skylands Manor Botanical Gardens. Time splits every mile & water station. Race will be scored & timed by Compuscore and results will be posted on www.Compuscore.com

Awards: 1st, 2nd & 3rd overall male and female. Top 3 finishers, male and female in each age category.

Age Groups: <14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70>

Shepherd Lake 5K - 2010 Entry form

_____
last name first name

_____
street city state zip

_____
phone e-mail

_____
date of birth age on race day sex 2010 USATF-NJ #

☐ 5k Run ..…….....$23 ($30 Race Day)

☐ 5k Run with USATF # …..$21 ($30 Race Day)

Amount Enclosed $_____

Check payable to REF, Inc.

Waiver/Release: In consideration of your accepting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all claims for damages and injury I may have against the Ringwood Education Foundation, Inc., its trustees and officers, and all other sponsors, charit persons or entities involved in the promotion and staging of the Shepherd Lake 5K events and general participation in the day's events. I also give my permission for the use, without fee, of my name and picture in any broadcast or print media account of this event for promotional and publicity purposes. I attest and verify that I an physically fit for this event to be held on Saturday, May 15, 2010.

Signature _____ Date: _____
(Signature of parent if under 18)

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