THE FREEHOLD AREA RUNNING CLUB
24th Annual

St Paddy's 10 MILE RACE

And the 19th Annual

Leprechaun 5K

CHIP TIMING

By Elite Racing Systems

NO HEAD PHONES

Sunday, March 17, 2013 at 9:30 A.M.

Michael J. Tighe Park, Georgia Road, Freehold Township, NJ
Register on line at:

REGISTER AT www.active.com

Race Day Registration: Begins at 8:00 AM. Come early. Allow time for parking. Starting time for the 10 mile is 9:30 AM. The 5K follows at 9:45 AM. **All entry fees non-refundable.**

Course Certification # NJ92003DB

A Happy St. Patrick's Day to You! This event is for you, the community of runners and walkers who compete not only to win, but to experience the challenge of going the distance and have fun in the process. We offer two scenic courses: the 10-mile for those looking to build toward the Boston Marathon, or other spring long distance events; the 5K for a speed or shorter fitness workout. And there's plenty to eat and drink, commemorative shirts, random drawings, an Expo, age group awards, and a corps of experienced volunteers to guide you.

The Awards: 10-mile: To the first three male and female finishers overall, and the top three male and female finishers in the following categories: 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70–74, 75-79, 80+ and Racewalk; and to the first male and female FARC members.

The Awards: 5K: To the first male and female finishers overall, and top three male and female finishers in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

No duplicate awards.

Directions: Take U.S. 9 (North or South) to Route 524 (Elton-Adelphia Road) toward Smithburg and Turkey Swamp Park. Go West on 524 approximately one mile (past two schools). Turn left at light onto Georgia Road. Tighe Memorial Park will come up on your left just past St. Robert's Church.

We must prohibit ***Strollers, Head Phones, Dogs and Runners in Costumes*** in the Race. **Head Phones** are prohibited as runner will not hear directions from the race staff. **Strollers** & **Dogs** at a race may be a hazard to runners, children and spectators. We also cannot have runners in **costumes** as this is a hazard to other runners and a safety issue. The RRCA and our insurance company will not cover these situations. We appreciate your compliance

Please Note! Due to the race in progress, you may not exit the Park between 9:30 AM and 12:30 PM. If this will inconvenience you, parking is available outside the Park in nearby side streets. Please do not park on Georgia Road.

Mail Registration:	**5K**	**10 Mile**
Pre Registration only for Entries postmarked on or before March 15……	**$25.00**	**$30.00**
Current FARC members on or before March 15…	**$20.00**	**$25.00**
Race Day Registration and Entries postmarked after March 15 and race day.	**$30.00**	**$35.00**

Name:_____

Address:_____

City: _____ State: ____ ZIP: _____

Telephone: (_____)_____

Sex: M___ F___ Date of Birth: M_____ D____ Y_____

Age (Race Day):____ Shirt Size: S ___ M___ L___ XL___

Check One:
5 K Run____ or 10 Mile Run____ 10 Mile Racewalk ___

Race walk prizes limited to 10 mile race only

FARC Member: _____

E-Mail:

Liability and Publicity Release: I know that running in a road race is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I agree to abide by the orders of any race or police official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including but not limited to: falls, contact with other entrants or deer, the effects of weather, potholes, slippery road conditions, including snow and ice, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the St. Paddy's Race Committee, the Freehold Area Running Club and USATF-NJ, its officers, Trustees, Members and volunteers associated with this event; The Township of Freehold, its Officials, Employees and Departments, The Court Jester and any and all other sponsors and their representatives and 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 persons named in this waiver. Further, I grant to all the forgoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature _____ Date _____
(Participant or parent/guardian if under 18.)

Make check **payable to** FARC. **Mail to**: FARC c/o Isabel Meldrum, 1222 Barton Ave., Point Pleasant, NJ 08742