

THE FREEHOLD AREA RUNNING CLUB
21st Annual

Nestlé Beverage Co.



and the 16th Annual

Leprechaun 5K

Sunday, March 21, 2010 at 9:30 A.M.

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



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 over, Clydesdale (200 lbs.+), 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:

From the North: Garden State Parkway to Exit 123 (U.S. 9 South).

From the South: Garden State Parkway to Exit 83 (U.S. 9 North).

From the East: From the Belmar/Wall. Twp area, take I-195 West to Exit 28N (U.S. 9 North) or from the Long Branch area take NJ 36 West to NJ 18 North to exit 22B (NJ 537 West), continue on 537 to U.S. 9 South.

From the West: I-195 East to Exit 28N (U.S.9 North).

Then all: follow 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.

Information: (732) 431-2627 .. www.farcnj.com

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:	<u>5K</u>	<u>10 Mile</u>
Entries postmarked on or before March 15.....	\$20.00	\$25.00
Current FARC members on or before March 15....	\$15.00	\$20.00
All entries postmarked after March 15 and race day.	\$25.00	\$30.00

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 Clydesdale ___ 10 Mile Racewalk ___

Clydesdale and Racewalk prizes limited to 10 mile race

FARC Member: _____

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 its Officers, Trustees, Members and volunteers associated with this event; The Township of Freehold, its Officials, Employees and Departments; The Nestle Beverage Company, 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