

THE FREEHOLD AREA RUNNING CLUB
28th Annual



St Paddy's 8K Race
The metric 5 mile

Sunday, March 19, 2017 at 10:30 A.M.
 Michael J. Tighe Park, Georgia Road, Freehold Township, NJ 07728

**Benefits Freehold Twp. Parks and Recreation
 Special Olympics and Freehold Twp.
 Recreation Challenger Sports for Special
 Needs.**

Register on line at 

Race Day Registration: Begins at 8:30 AM. Come early.
 Allow time for parking. Starting time for the 8K is 10:30 AM
All entry fees non-refundable.

Mail Registration:	8K
Current FARC members Pre Registration only...	\$20.00
Non FARC members Entries	
postmarked on/before 3/15/2017	\$30.00
Race Day Registration for all and	
Entries postmarked after March 15, 2017	\$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:
 8K Run _____ or 8K Race-walk _____

FARC Member: _____
 Please check if member

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 a scenic course on our 8K for those looking to build toward their training for the Boston Marathon, or other spring long distance events. And there's plenty to eat and drink, commemorative shirts, a runners mart, age group awards, and a corps of experienced volunteers to guide you.

The Awards: 8 K: To the first three male and female finishers overall, and the top three male and female finishers in the following categories: 14 <, 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 for pre registered runners.

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.
 Information e-mail www.farcnj.com

Please Note! Due to the race in progress, you may not exit the Park between 9:30 AM and 12:00 PM. If this will inconvenience you, parking is available outside the Park in nearby side streets. Please do not park on Georgia Road.

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 Lewis,
 1407 Susan Lane Point Pleasant, NJ 08742