

THE FREEHOLD AREA RUNNING CLUB

30th Annual



St Paddy's 5 Mile Race

Sunday, March 17, 2019 at 10:30 A.M.

Michael J. Tighe Park, Georgia Road, Freehold Township

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

A Happy St. Patrick's Day to You!

5 Mile course runs through Michael J. Tighe Park and surrounding neighborhoods.

Refreshments - Beer and Hot Dogs. Swag - T-shirts and Finisher Medals

5 Mile Awards

Overall Top 3 Male & Female Finishers

Top 3 in Age Groups

14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 & 80 +

Top Overall Male & Female Race-Walkers and to the First Male and Female FARC club members.

\*\*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.

Register on line at RunSignUp

Race Day Registration: Begins at 8:30 AM. Come early. Allow time for parking. Starting time for the 5 Mile is 10:30 AM.

All entry fees nonrefundable. Preregistration Postmarked on/before 3/13/2019

Current FARC Member.....\$25.00
Nonmembers postmarked by 2/21/19.....\$30.00
Nonmembers postmarked by 3/13/19 .....\$35.00

Post Registration Postmarked on/after 3/14/2019 and Race Day for All. .... \$40.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_

Sex: M\_\_\_\_ F\_\_\_\_ Age (Race Day):\_\_\_\_ FARC Member \_\_\_\_\_

Shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Event: 5 Mile Run \_\_\_\_\_ or 5 Mile Race-walk \_\_\_\_\_

E-Mail \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_
(Participant or parent/guardian if under 18)

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.

We must prohibit Strollers, Head Phones, Dogs and Runners in Costumes in the Race. The RRCA and our insurance company will not cover these situations. We appreciate your compliance.

Information e-mail www.farcnj.com

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. 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, 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.

Make check payable to FARC.

Mail to: FARC c/o Isabel Lewis, 1407 Susan Lane Point Pleasant, NJ 08742