

# THE 5th ANNUAL HOWELL TOWNSHIP/FARMINGDALE

## 5K Run & Race Walk

BENEFITING

### CONTACT of Ocean & Monmouth Counties

the 24/7 CRISIS INTERVENTION & SUICIDE PREVENTION HOTLINE

**SUNDAY, OCTOBER 22, 2017**

**5K RUN & RACE WALK BEGINS AT 9:30 AM**

**1 MILE RUN: 8:30AM**

**1 MILE HEALTH/FITNESS WALK AT 9:00AM (OPEN TO ALL AGES)**

**NEW LOCATION: Howell High School's Beautiful New Athletic Complex  
405 Squankum-Yellowbrook Rd., Farmingdale, NJ 07727**

**COURSE: 3 Loops: Track, Grass & Pavement**

**ALSO NEW THIS YEAR – PROFESSIONAL RACE RESULTS BY CompuScore**

5K Run & RACE WALK: Age 19 & under - \$15

5K Run & RACE/WALK PRE-ENTRY FEE - \$25 for ages 20+ whether ON LINE or POST MARKED PRIOR TO Oct. 18, 2017 (INCLUDES T-SHIRT)

POST-ENTRY FEE UNTIL RACE TIME (Registration ends 9:15AM) - \$30 FOR THE 5K Run & Race Walk (T-SHIRTS WHILE SUPPLIES LAST)

1 MILE RUN PRE-ENTRY FEE - \$10 and 1 MILE WALK - \$5 PRIOR TO Oct. 18, 2017

POST-ENTRY FEE UNTIL RACE TIME - \$15 FOR 1 MILE RUN, \$10 FOR 1 MILE WALK

Register on line at [www.contactoceanmonmouth.org](http://www.contactoceanmonmouth.org) or MAKE CHECKS PAYABLE TO  
CONTACT OF OCEAN & MONMOUTH COUNTIES,  
P.O. BOX 1121, TOMS RIVER, NJ 08754 to mail application.

#### **5K RUN AWARDS:**

**1<sup>st</sup> Place Male & 1<sup>st</sup> Place Female OVERALL – (NO DUPLICATE TROPHIES)**

**1<sup>st</sup> Male & Female in the following categories: Howell High School Teacher; Farmingdale Elementary Teacher; Howell Firefighter & Howell Police Officer; 10 year age groups 19 & under & every ten years 20 – 70+**

**RACE WALK – 1<sup>st</sup> Place Male & Female OVERALL**

**1 MILE RACE – Top 3 Boys & Top 3 Girls under age 13; Medals to all FINISHERS**

**CIRCLE EVENT: 5K RUN – RACE WALK – 1 MILE RUN – 1 MILE WALK**

**T-SHIRTS, while supplies last - for 5K ONLY- Size: M \_\_\_ L \_\_\_ XL \_\_\_**

PRINT NAME: \_\_\_\_\_ GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_

Howell Teacher \_\_\_ Farmingdale Teacher \_\_\_ Howell Firefighter \_\_\_ Howell Policeman \_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ PHONE # \_\_\_\_\_

**Questions: CALL CONTACT OFFICE: 732-240-6104; Email: [contactoceanco@aol.com](mailto:contactoceanco@aol.com)**

I assume all risks associated with competing at this event and in consideration of your acceptance of my application, I hereby waive and release Howell Township/Farmingdale, Howell High School, Freehold Regional High School District, Race Officials of CONTACT of Ocean & Monmouth Counties and all sponsors, organizers and volunteers, the municipality in which it is held, and their representatives, from claims and liabilities arising out of my participation in the event. I verify that I have full knowledge and appreciation of the risks involved and I am physically fit and trained to participate in this event. I am at least 18 years of age or have had this release signed by my parent or guardian if I have not reached the age of 18.

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_