

THE 7th ANNUAL HOWELL TOWNSHIP/FARMINGDALE 5K Run & Race Walk

BENEFITING

CONTACT of Ocean & Monmouth Counties
the 24/7 CRISIS INTERVENTION & SUICIDE PREVENTION HOTLINE
WEDNESDAY, AUGUST 28, 2019 (EVENING RACE)

5K RUN & RACE WALK BEGIN AT 6:15PM
Kids's Dash on Track (Under 6 yrs. old) – 5:45pm – DONATION ONLY

**In Memory of Walter Reitsma &
all of our young people who lost their battle to Addiction**

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

COURSE – Loops around High School Grounds –
PROFESSIONAL RACE RESULTS by COMPUSCORE

5K Run & RACE WALK: Age 19 & under - \$10

5K Run & RACE/WALK *PRE-ENTRY FEE* - \$25 for ages 20+ whether ON LINE or POST MARKED by Monday, Aug. 26, 2019
(INCLUDES T-SHIRT)

POST-ENTRY FEE UNTIL RACE TIME (Registration ends 6:00PM) - \$30 FOR BOTH THE 5K RUN & RACE WALK (T-SHIRTS
WHILE SUPPLIES LAST)

Register on line at 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:

1ST Place Male & 1ST Place Female OVERALL – (NO DUPLICATE TROPHIES)
1st Male & Female in the following categories:
10 year age groups 19 & under & every ten years 20 – 70+

RACE WALK

1ST Place Male & Female OVERALL

CIRCLE EVENT: 5K RUN OR RACE WALK
T-SHIRTS, while supplies last - Size: M ___ L ___ XL ___

PRINT NAME: _____ GENDER: _____ AGE: _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

E-MAIL ADDRESS _____ PHONE # _____

Questions: CALL CONTACT OFFICE: 732-240-6104; Email: 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, the Monmouth County Park System 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: _____