

2019 LITTLE SILVER 5K

Sunday • October 6th

RACE REGISTRATION FORM

RACE SCHEDULE

8:45 am Kids' One Mile Fun Run
(start and finish on RBR track)

9:30 am 5K Start

Kiddie Dashes

(PreK-4th grade/infield of track 10:30am)



RACE PACKET PICK-UP

Friday 10/4: 5:00pm-7:00pm

Saturday 10/5: 10:00am-2:00pm
at Road Runner Sports, Shrewsbury

Sunday 10/6: 7:30am - 9:00am
at Red Bank Regional High School

LOCATION

Red Bank Regional High School
101 Ridge Road Little Silver, NJ

COURSE

2019 USATF Open Women's 5K Championship Race
Flat, fast USATF certified course. Timing by Elite Racing Systems

2019 Little Silver 5K
Presented By



AWARDS

Cash awards to top three male and female USATF finishers
Awards to top three male and female in five-year age groups
Medals to all children in the kids' one mile fun run
& kiddie dashes

POST RACE PARTY AT LS FIREHOUSE

Music, food, drink and fun activities for kids



For additional information and directions please visit www.littlesilver5k.com

Register on-line at www.littlesilver5k.com or complete application below

Indicate race selection & applicable race fee:

Pre-Registration (Postmarked by 9-17)

- 5K Race.....\$35
 Kids 1 Mile Fun Run....\$20
 Kiddie Dashes....\$20

\$3 Discount to ASATF members. USATF-NJ# _____

Late Registration cannot be mailed after 9/28

- 5K Race.....\$40
 Kids 1 Mile Fun Run....\$25
 Kiddie Dashes....\$25

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____ Gender M/F _____ D.O.B. _____

Shirt Sizes (circle one)

MEN'S - Sm Med Lrg XL 2XL

(Shirts guaranteed to first 200 5K participants)

WOMEN'S - Sm Med Lrg XL

(Shirts guaranteed to first 200 registered females)

YOUTH - Sm Med Lrg XL

(Shirts guaranteed to first 200 kids race participants)

Applicants must sign waiver:

In consideration of this entry being accepted, I hereby, for myself, heirs, executors, and administrators, waive and release all claims that I may have against the town of Little Silver, Little Silver schools, Red Bank Regional High School, and the representatives, successors, or assignees of these organizations, Race Committee Members and Volunteers, and all Sponsors, for any injury that may be suffered by me in this event. I also give permission for the use of my name and/or picture in any media coverage of this event. I certify that I am in good physical condition for this event.

Signature of entrant (or parent / guardian if entrant is under the age of 18) _____ Date _____

Mail Applications to: Little Silver PTO LS5K P.O. Box 386 Little Silver, NJ 07739