



The 7th Annual

“Spring Into Summer” 5K Run/Walk

Saturday, May 22, 2010

Middletown, NJ



Presented in cooperation with the **Jersey Shore Running Club** to benefit
The Monsignor Bulman Stadium Fund

Held on the campus of Mater Dei High School

For directions and more information, go to
www.springintosummer5k.com

Schedule of Events

Friday, May 21

- **6-8 pm** Late registration and packet pick up.

Saturday, May 22

- **6:30 am** Late registration and packet pick up.
- **7:55 am** Group warm-up
- **8:10 am** Open **1 Mile**. All are welcome.
- **8:30 am** Spring Into Summer **5K**.
- **9:30 am** 5K & 1Mile Awards ceremony.
- **10:00 am** **Kids races**. Ages 4-12.
- **10:30 am** Post race Barbecue.

Entry Fees

- Early registration (by May 16): **5K**-\$20; **1 Mile**-\$20; **Kids races**-\$12.
- Early registration **Family Discount**: \$50 max for whole family.
- Late registration (after May 16): 5K-\$25; 1 Mile-\$25; Kids races-\$15.
- On-line registration www.active.com (\$3 additional processing fee).

Amenities

- T-shirts, goodie bags guaranteed to early registrants.
- Post race barbecue for all runners & their families.
- Donate an **extra \$15** to the Msgr Bulman Stadium Fund above the entry fee and get a free 5K cap!

Entry Form

THE FOLLOWING WAIVER MUST BE COMPLETED AND SIGNED TO PARTICIPATE IN THIS EVENT: ****One entry form per registrant please******

(No Strollers Please.)
In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against Saint Mary parish or any of its affiliated organizations, Monmouth County, Middletown Township, the employees, representatives, successors or assigns of these organizations, race volunteers and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest that I am physically able to participate in said event.

Date _____

Signature (Parent or Guardian if under 18 Years of Age) _____

Make checks payable to : **St. Mary's Athletic Association**

Mail entry fee + application to : St. Mary's Athletic Association
c/o John Stahl
4 Greenwood Place
Middletown, NJ 07748

For more information: www.springintosummer5k.com or 732-671-4219

Last Name _____ First Name _____ Gender _____

Street Address _____ City _____

State _____ Zip _____ Phone # _____ E-mail _____ Age _____

Event	<input type="checkbox"/>	Spring Into Summer 5K \$20 (\$25 after May 16)	T-Shirt Size:	Adult	S	M	L	XL
(Check event)	<input type="checkbox"/>	1-mile \$20 (\$25 after May 16)	(Please circle one)	Youth	S	M	L	
	<input type="checkbox"/>	Kids Races \$12 (\$15 after May 16)	(Shirts available on a 1st come 1st served basis for late registration)					

Additional donation for Msgr. Bulman Stadium Fund? \$ _____
(Free cap for any donation of \$15 or more!)