5th Annual Seashore Gardens 5K RUN and HEALTH WALK

Simon & Sylvia Zisman
SEASHORE GARDENS LIVING CENTER
Enriching Elder Lives

RUN AC

Sunday, April 26, 2015 • Race starts at 9:00 AM!

Race begins at Resorts Casino Hotel, North Carolina Ave and the Boardwalk

RUN THE BOARDS

REGISTRATION FORM

PROUDLY SPONSORED BY: RESORTS Casino • Hotel The Fun is Here

STAY AND RUN! Special room rate at Resorts for entrants.

Tilton Fitness & Wellness · 95.1 WAYV · The Running Center · NEWS TALK 1400 AM WOND RADIO YOU CAN DEPEND ON · Seashore Gardens Without Walls

Name* TEAM NAME IF APPLICABLE

Address* Email*

City* State* Zip Code*

Phone Emergency Contact Name and Number

Birthdate (MM/DD/YY)* Age on Race Day* Gender*

*Age and Gender information is REQUIRED for all runners. * Required fields*

I am entering: ☐ 5K Run ☐ 5K Walk ☐ TEAMS

T-Shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Note: All Pre-Registered Entrants will receive a T-shirt.

	COST	TOTAL
Registration by 4pm 4/24/15 deadline	$30	_____
Registration on race day	$40	_____
I am unable to participate, but would like to donate		_____

Mail completed registration form with check or money order to: Seashore Gardens Foundation, 22 West Jimmie Leeds Road, Galloway, NJ 08205 or register online by visiting SeashoreGardensRun.org or Active.com. Online registration must be completed by 4pm 4/24/2015. All participants must sign form below, acknowledging waiver.

Signature*

Parent's Signature (if under 18)

Please Note: This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds; rather your entry fee will be used as a donation to SGLC.

WAIVER: In consideration of being permitted to participate in the SGLC 5K Run/Walk, I hereby for myself, my heirs and personal representatives assume any and all risks which might be associated with this event. I further waive, release, discharge and covenant not to sue Seashore Gardens Living Center, Seashore Gardens Foundation, its offices, employees, sponsors, organizers, volunteers or other representative of their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered as a result of taking part in the event and any related activities. I also agree to the use of any photo, film or videotape of the event for any purpose.

Register online at www.seashoregardensrun.org, active.com or mail form to 22 W. Jimmie Leeds Rd. • Galloway, NJ 08205

Race timing provided by AKSTS. Certified 5k Course. Race results will be posted online the afternoon of the race.

Awards for 5K Run

Top 3 Overall Male and Female:

1st Place $250
2nd Place $150
3rd Place $100

Awards will also be presented to the top male and female finishing in the following categories: Age Groups 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+. Other awards: Tortoise Award, Top Fundraising Team and Largest Team.

Raffle prizes and giveaways from Resorts Casino Hotel, Tilton Fitness and Wellness and 95.1 WAYV.

PLEDGE FORM

Donor's Name Amount

_____ $_____
_____ $_____
_____ $_____
_____ $_____
_____ $_____
_____ $_____
_____ $_____
_____ $_____

TOTAL DONATIONS $_____

All pledge forms, with money, may be turned in on event day at pledge table or send with checks or money orders payable to: Seashore Gardens Foundation, 22 W Jimmie Leeds Road, Galloway, NJ 08205. Mailed registration must be received by 4pm 4/24/2015 in order to receive your T-shirt.

For more information regarding the race or to find out about sponsorship opportunities, please contact Antonio Tronco, Race Director, at 609-748-4615 or troncoa@seashoregardens.org.