

FROST ON THE PUMPKIN

10K Road Race



Sunday, October 26, 2008
Dailey's Pond, South River, NJ

 **Our 29th Year!**

Rain or Shine

Proceeds benefit disabled children

Events	Registration & Packet Pickup	Start Time	Registration Fees	Awards
Lollipop Race <i>Ages 11 & under</i>	7:30AM to 8:15AM	8:30AM	\$1	<ul style="list-style-type: none"> Lollipop to all entrants
1 Mile Health Walk/Run	7:30AM to 8:45AM	9:00AM	\$6 <u>received by</u> Oct.23 rd \$10 day of event	<ul style="list-style-type: none"> Commemorative hat to all entrants
10K Road Race	7:30AM to 9:15AM	9:30AM	\$15 <u>received by</u> Oct.23 rd \$20 day of event	<ul style="list-style-type: none"> T-shirt to all pre-registrants T-shirt to all post-registrants while supply lasts (size not guaranteed) Mug to first 250 finishers of 10K Awards to top male & female 10K finisher Awards to top 3 male & female finishers in each age category (<i>no duplicate awards</i>)
Ghost Runners <i>Donation only</i>	7:30AM to 9:30AM	N/A	\$10	<ul style="list-style-type: none"> T-shirt to all entrants

- Course
- Conditions vary, flat & hills. Water stops.
 - Race starts & ends near South River Rescue Squad station.
 - Scoring by Compuscore
 - Post-race refreshments for all participants
- Age Categories: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over

Questions? Visit our website www.frostonthepumpkin.com or call 732-257-4339

Frost on the Pumpkin Participant Registration Form

Return Registration & Entry Fee to: Frost on the Pumpkin 10K Race, 49 Ferris Street, South River NJ 08882

Make checks payable to: Frost on the Pumpkin 10K Road Race

NAME _____ SEX (circle one) Male Female

STREET ADDRESS _____ AGE _____ DOB _____

CITY/STATE/ZIP _____ TSHIRT SIZE (circle one) M L XL

PHONE# _____ EMAIL _____

RACE ENTERED (check one) Lollipop Race Health Event 10K Road Race Ghost Runner

First, for, and in consideration of being accepted to participate in the athletic competition described in the attached application, I, for myself, my heirs, executors, administrators, and assigns, do hereby expressly release and discharge the Race Committee (herein after Releasees) from all claims, demands, liability action, or judgments of any kind whether caused by the negligence of said Releasees or any of them or otherwise which I now have or in the future may have against said Releasees or any of them rising out of my participation in the athletic competition which is the subject of this application. I have been advised that I must be in good health to participate in this event. I give permission for use, without fee, of my name and picture in any broadcast, telecast, or print media account of this event. Further, I acknowledge I have read and carefully understood the conditions under which this entry is made and accept them.

REGISTRANT'S SIGNATURE _____ DATE _____

PARENT/GUARDIAN (if under 18) _____ DATE _____

No Refunds - Sponsors reserve right to reject any entry

Downloaded from www.frostonthepumpkin.com

Directions to Dailey's Pond
 South River, NJ

From NJ Turnpike:

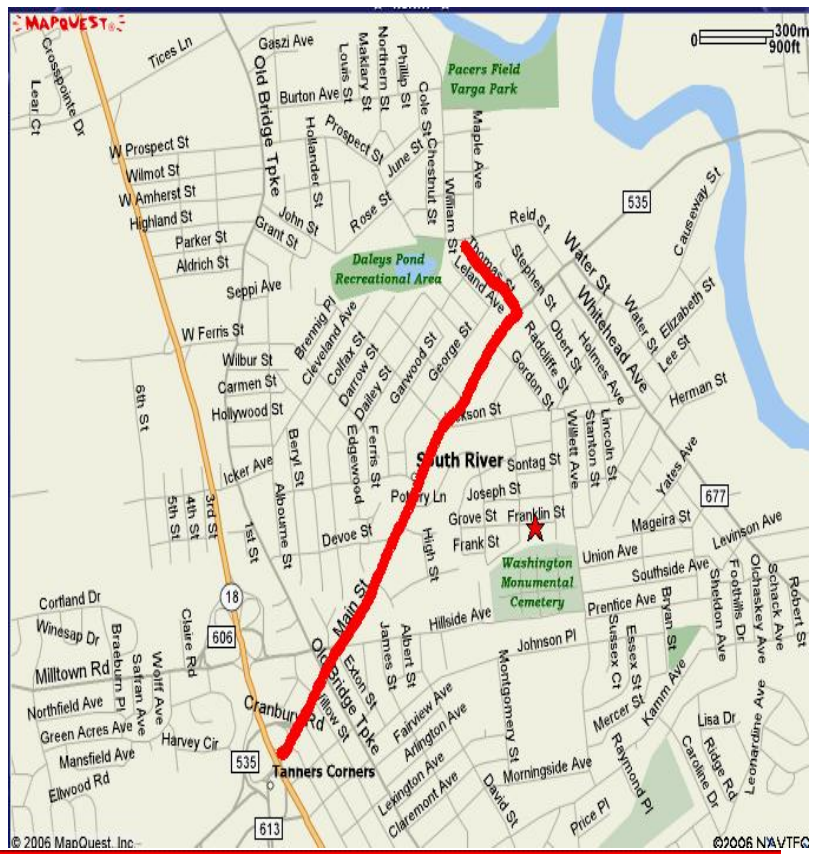
Take Exit 9 to Rt. 18 South. Follow Rt. 18 and take exit for Main Street (South River) exit. Proceed on Main Street until the 4th traffic light. At 4th traffic light, turn left onto Thomas Street. Proceed down Thomas Street past the South River Rescue Squad to Daileys Pond.

From Garden State Parkway North:

Take Exit 105 to Rt. 18 North. Proceed on Rt. 18 North for approximately 25 miles. Make a right onto Main Street. Proceed on Main Street until 4th traffic light. At 4th traffic light, turn left onto Thomas Street. Proceed down Thomas Street past the South River Rescue Squad to Daileys Pond.

From Route 1:

Take Route 1 to Rt. 18 South. Follow Rt. 18 and take exit for Main Street (South River) exit. Proceed on Main Street until 4th traffic light. At 4th traffic light, turn left onto Thomas Street. Proceed down Thomas Street past the South River Rescue Squad to Daileys Pond.



Many thanks to our sponsors for their support
 of
Frost on the Pumpkin!



**South River
 Lions Club**



Portuguese Fisherman
 11 Jackson Street
 South River, NJ
 732-238-5188



**Samuel Klein &
 Co.**



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 732-254-1215



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