

# The 50<sup>th</sup> Annual Captain Ronald Zinn Memorial Races Sun, April 19<sup>th</sup>, 2015

5K run @ 11:00 A.M.                      10K Racewalk @ 10:00 A.M.

Events held @ Wall Twp. Recreation Complex, off of Allaire Road  
in Wall Twp, New Jersey. Organized by The Shore Athletic Club,  
and Sponsored by New Jersey Natural Gas Co.

Event “Honors our great Olympian Ronald Zinn, The Men  
And Women Killed in Vietnam” and all Vietnam Veterans.

10K Walk is open to “all” walkers, Health/Fitness walkers  
Cordially welcomed. 5K run is a fast accurate course.

Pre –Entry Fee- \$20 by Mon. 4/13/15 - Race Day Fee-\$25  
Online entry available @ [register.compuscore.com/CaptZinn5k](http://register.compuscore.com/CaptZinn5k)  
Zinn Memorial T-Shirts to Pre-registered (race day as supply lasts)  
Random Drawings, Refreshments (also, “famous Dave’s” Vegan Chili)  
Awards : Trophies to top 10 Men and Women in each race. 1st Vietnam Veteran.  
Trophy to Winners in 18 + <, 30-39,40-49,50-59,60-69,70-79,80 + >.

Fast Paved Accurate course relatively flat with few undulations.

**Post Race Social:** @ CJ’s in Spring Lake Heights (on rte 71)

**Directions:** Garden State Parkway to exit 98, then east on Rte. 195  
Take right on New Bedford road @ Bank Building.  
Take right @ 2<sup>nd</sup> light to Allaire Road to Municipal Complex. (Next to Soccer Fields)

**Online Registration:** [register.compuscore.com/CaptZinn5k](http://register.compuscore.com/CaptZinn5k)

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Print Name \_\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_

Address \_\_\_\_\_ T-Shirt Size-- \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

**Mail to: Capt Zinn 5k, 1001 Central Ave, Unit 1 Bradley Beach, NJ 07720**

Make Checks Payable to “Shore AC”, Info: Call 908-295-8580, also: [shoreac.org](http://shoreac.org)

I assume all risks associated with competing at this event and in consideration of your acceptance of my application, I hereby waive and release the Shore Athletic Club, the Road Runners Club of America, 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_