



**CBA ALUMNI ASSOCIATION**  
**Presents the Fourth Annual**



# Colt 5K Trail Run

**Sunday, April 25, 2010 • Starting Time 10:00 am**  
**Christian Brothers Academy • Lincroft, NJ**

**Pre-Registration:** (before April 19) **\$20.00**  
**Registration:** All entries received after April 19 **\$25.00**  
**Student Rate Registration:** (before April 19 only) **\$15.00**  
**Schedule:** **Race-Day Registration:** starting 8:30 am.  
**Run** starts 10:00 am  
**Course:** 5K Trail run around beautiful campus of Christian Brothers Academy  
**Awards:** Top ten men and women, class with most participants  
**Amenities:** Random Prizes, Post Race Refreshments, T-shirts while they last  
**Directions:** Garden State Pky Exit 109, Rte 520 West for 2.5 miles  
**Information:** **Pat McGann** (732) 747-1959 x214  
**JSRC Hotline** 732-542-6090  
**Web:** [www.jsrc.org](http://www.jsrc.org) [www.cbalincroftnj.org](http://www.cbalincroftnj.org)  
**Online Registration:** [www.jerseyrunner.com](http://www.jerseyrunner.com)

**First Name**      **MI**      **Last Name**      **Age**      **Sex – M or F**

**Address**      **City**      **State**      **Zip Code**

**E-mail**

**Telephone**

Mail Check payable to  
**CBA Alumni Association**  
**850 Newman Springs Road**  
**Lincroft, NJ 07738**

**Entry Fee**      \$ \_\_\_\_\_  
**Donation to CBA Alumni**      \$ \_\_\_\_\_  
**Total Enclosed**      \$ \_\_\_\_\_

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I hereby release Christian Brothers Academy, CBA Alumni Association, Middletown Township, the Jersey Shore Running Club, Road Runners Club of America,, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any record of event for any legitimate purpose. This is a road race conducted under the rules of USATF and RCAA: it is not intended for individuals with bicycles, baby joggers, baby strollers, animals on leash, skateboards, and skates.

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

**Parent's Signature if under 18** \_\_\_\_\_