

'Cats and Cops 5K Run

What: The First Annual 'Cats and Cops 5K Run has been organized by the Pinelands Regional High School Yearbook Staff and the Little Egg Harbor Police Benevolent Association (PBA). The money raised will be used to help reduce the increasing cost of the yearbook for all high school students. The Pinelands Yearbook currently absorbs around \$30 per book, which keeps the cost down to \$80 for the students. This is only possible through the assistance of our five fundraisers per year. Our contribution is a tremendous help to many students and their families. We are committed to providing the best price possible so each student has the opportunity to own permanent, keepsake memories from high school. As an important part of the school and community, the PBA has provided additional support to make this a successful event.

Events: 5 Kilometer Run
1 Mile Fun Run/Walk

When: Saturday, April 17, 2010 (rain or shine)

Time: Race Day Registration- 8:30 a.m.
5 Kilometer Run- 10:00 a.m.
1 Mile Fun Run/Walk- 11:00 a.m.

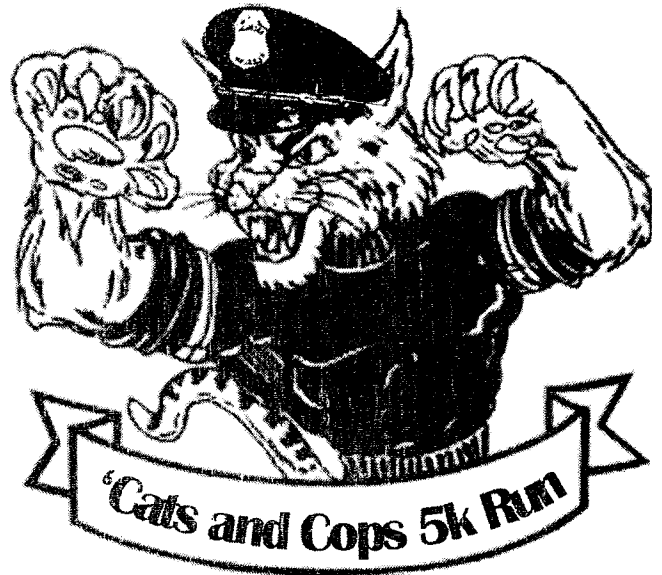
Where: Pinelands Regional High School
565 Nugentown Road,
Little Egg Harbor, NJ 08087

Fee: 5K Run
Pre-Registration *before* April 11th - \$15.00
After April 11th and Day of Race - \$20.00
Entry fee includes an official race t-shirt

1 Mile Fun Run/Walk
Pre-Registration *before* April 11th - \$5.00 (any age)
After April 11th and Day of Race - \$7.00 (any age)

Prizes: Trophy given to the top male and top female finishers
Awards given to the top 3 male/female finishers in various age groups
"Top Teacher" and "Top Cop" awards given
Welcome bags given to all participants

Information: Contact one of the Pinelands Yearbook Advisors:
Jill Flanagan- jflanagan@prsdnj.org, 296-3106 ext:8740
Sherry DiMeglio- SDemeglio@prsdnj.org, 296-3106 ext:8751



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Official Entry Form

Please complete the following entry form, make checks payable to “Pinelands Yearbook” and mail to:

**Pinelands Regional High School
c/o Jill Flanagan
565 Nugentown Road
Little Egg Harbor, NJ 08087**

(Please Print)

Last Name _____ First Name _____ Sex M/F (Circle One)

Age on Race Day _____ Mailing Address _____

City _____ State _____ Zip Code _____ Telephone _____

Email _____ Birth Date _____ Shirt Size: S M L XL XXL

Teachers: School District _____

Cops: Township: _____

Age Group (Circle One):

5K: 14 & under 15-19 20-29 30-39 40-49 50-59

60 & over

1 Mile: 6 & under 7-9 10-12 13-15 16-18 19 & over

Entry Fees: Early Entry (before 4/11/10) Late Entry/Day of

5K: \$15.00 \$20.00 (shirt

included)

1 Mile (any age): \$5.00 \$7.00 (shirt not included)

I will be unable to run but I would like to make a donation of \$ _____

WAIVER: PLEASE READ CAREFULLY AND SIGN

In consideration for any entry being accepted, I, intending to be legally bound, for myself, my heirs, Executors; and administrators waive release and discharge any and all rights, claims and damages, which I have, or which may occur to me against the Pinelands Regional School District and the Little Egg Harbor Police Benevolent Association or their respective officers, agents, representatively successors, or assigns, for all damages which may be sustained and/or suffered by me in connection with entry in, and out of my travel to, participation in, and travel from this outdoor benefit run. I further certify that I have the level of physical fitness necessary to compete and will withdraw the entry if that level becomes inadequate.

Signature _____ Date _____

(Signature of parent or guardian, if under 18)

Total Amount Included _____ Check # _____