


OCEAN COUNTY BAR ASSOCIATION



5K RUN/WALK

to benefit Big Brothers Big Sisters of Ocean County 

SATURDAY, APRIL 26, 2008 (rain or shine)

RACE START: 1 Mile Fun Run - 10:30 a.m. 5K Run/Walk - 11:00 a.m.

Race day registration begins at 8:30 a.m. at Sawmill Café, 1807 Boardwalk, Seaside Park, New Jersey

ENTRY FEES: Big & Little	\$20.00 postmarked by April 14th	\$25.00 from April 15th to race day
5 K Run/Walk	\$20.00 postmarked by April 14th	\$25.00 from April 15th to race day
1 Mile Fun Run	\$15.00 postmarked by April 14th	\$20.00 from April 15th to race day
Big & Little Team	\$25.00 postmarked by April 14th	\$30.00 from April 15th to race day

AMENITIES: Quality designer T-Shirt to first 300 applicants, awards, post race random drawing mile markers.

SPECIAL TEAM CHALLENGE: Ocean County Bar Association challenges the O.C. Sheriff's Department and O.C. Department of Corrections for the "SCALES OF JUSTICE" Trophy! Top five runners from each teams lowest score wins.

AWARDS: Top ten male and female runners

COURSE: Flat and fast, 3.1 mile out and back course along the road and boardwalk of Seaside Park.

Directions: Garden State Parkway to Exit 82 to Route 37. Follow Route 37 East over the Tunney Bridge. As the road splits, stay right on Route 35 South to Seaside Park. Follow the road until it straightens out and take any one way left turn and go two blocks up to Ocean Ave. When you get to Ocean Ave., make a left onto Ocean Ave. (The ocean will be on your right hand side.) Sawmill Café is the first building on the right after the parking lot.

RACE INFORMATION: Call Karin Poola at (732) 240-3666.

OCEAN COUNTY BAR ASSOCIATION 5K RUN/WALK

Name _____ Male/Female _____

Address _____

City _____ State _____ Zip _____

Telephone _____ email _____

Team Affiliation _____ Other _____

Age on race day _____ Shirt Size S M L XL XXL Youth L

Liability and Publicity Release: (Failure to sign with date will delay processing of your application.) Please accept my entry in the 2008 Ocean County Bar Association 5K Run/Walk. I hereby state I have conditioned myself to participate in the event I have chosen. I for myself, my executors, administrators and assignees, do hereby release and discharge the Ocean County Bar Association, Ocean County Bar Association 5K Run/Walk officials, sponsors, volunteers, the Township of Seaside Park and the County of Ocean from damages or injuries occasioned by my participation in the 2008 Ocean County Bar Association 5K Run/Walk. I also authorize the Ocean County Bar Association officials to utilize any photographs and videotape of my participation in the event for any and all purposes. By signing my name below, I certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Participant's Signature (If under 18 - parent/guardian)

Date: _____

Make checks payable to: Ocean County Bar Association Mail to: PO Box 381, Toms River, NJ 08754.



Big Brothers Big Sisters of Ocean County

Big Brothers Big Sisters of Ocean County is committed to making a difference in the lives of children by providing a professionally trained and supported one-to-one adult mentoring program for youth throughout Ocean County. We will do this by matching a child to a compatible adult who will support, guide, and encourage him or her to become a confident, caring member of their family, school and community.

Researchers have found that Little Brothers and Little Sisters who met regularly with their “Bigs” were:

- 46% less likely to start using drugs
- 27% less likely to start drinking
- 52% less likely to skip school
- 37% less likely to skip a class
- 33% less likely to hit someone

And, more likely to get along with others at home and in school as their self confidence grows.