



Cpl. Marc T. Ryan Memorial/MC-LEF 5K Run/Walk

Sponsored by Marine Corps-Law Enforcement Foundation



Date: November 19, 2011 Time: 9:00 a.m. "Rain or Shine"

Race Day Registration - 7:30-8:30 a.m. • Pre-Registration Preferred

Pre-Registration by Mail: Complete entry form and mail along with check payable to:

MC-LEF (on the memo line write "Cpl. Ryan 5K Run/Walk")

Must be postmarked by 11-12-2011

Mail to: MC-LEF/Cpl. Ryan 5K Run/Walk PO Box 704 Maple Shade, NJ 08052

For race info go to: www.LMSports.com - www.patriotconnections.org/marcryan - mclefatlanticcity.org

Race begins at 9 am SHARP! Across from Oh!Hara's Pub, 22 N. King Street, Gloucester City, NJ 08030.

USATF Certified Course, Professionally Timed.

Long Sleeve Colored T-Shirts, Hot Pasta, Beer, and Soda for the first 200 Registrants or while it lasts.

Categories of Awards:

Cash Awards: Overall Male and Female - \$100.00 - 1st * \$75.00 - 2nd * \$50.00 - 3rd

Age Groups; 1st, 2nd, 3rd - M&F - 14-Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 +

Special Categories: Marine/Military, Male/Female, 1st, 2nd, 3rd

Public Safety Personnel (Law Enforcement, Fire Fighter, EMT, Federal L.E.)

Male/Female - 1st, 2nd, 3rd

No Awards Duplication. Must be present to receive award.

Computer timing by LMSports, results posted prior to awards ceremony and on www.LMSports.com
Only those running under 40 minutes will be timed.

Fees: \$25.00 Pre-Registration (Preferred) \$30.00 Race Day

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Must be postmarked by 11-12-2011

Questions? Race Director 856-236-7130

----- Cut and Mail -----



Entry/release: All participants must complete and sign. Cpl. Marc T. Ryan Memorial/MC-LEF 5K Run/Walk
Must be postmarked by 11-12-2011

Name: _____

Race Day Age: _____ Gender: Male Female Phone: _____

Street: _____ City: _____ State: _____ Zip: _____

Email: (optional) _____

I can't participate but would like to donate: _____

5K Race Division: Choose only ONE that applies:

_____ **Open-Age Group** _____ **Marine/Military** _____ **Public Safety Personnel**

T-Shirt Size: S M L XL XXL

RELEASE: IN CONSIDERATION OF ACCEPTING THIS ENTRY I, THE UNDERSIGNED, ASSUME FULL RESPONSIBILITY FOR ANY INJURY WHICH MAY OCCUR DURING THE EVENT OR WHILE I AM ON THE PREMISES OF THE EVENT. I HEREBY RELEASE AND HOLD HARMLESS MC-LEF 5K RUN/WALK AND GLOUCESTER CITY, SPONSORS, PROMOTERS, RACE SUPERVISORY PERSONNEL AND THEIR REPRESENTATIVES, AND ALL OTHER PERSONS AND ENTRIES ASSOCIATED WITH THE EVENT, WHETHER INJURY OR ACCIDENT IS CAUSED BY NEGLIGENCE ON THE PART OF THE SPONSORS, PROMOTERS OR OTHER PERSONS. I VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THIS RUNNING EVENT AND MY PHYSICAL CONDITION HAS BEEN VERIFIED BY A MEDICAL DOCTOR. I ACKNOWLEDGE THAT THE SPONSORS OF THIS EVENT HAVE NOT HAD AN OPPORTUNITY TO EVALUATE THE CONDITION OF MY HEALTH AND ARE RELYING ON MY REPRESENTATION THAT I AM PHYSICALLY ABLE TO ENTER AND COMPETE IN THIS EVENT. I HEREBY GRANT FULL PERMISSION TO ANY AND ALL OF THE FOREGOING TO USE ANY PHOTOGRAPHS, VIDEOTAPES, RECORDING AND RECORDS OF THIS EVENT. MUST BE PRESENT TO RECEIVE AWARDS AT AWARD CEREMONY. THE RACE DIRECTOR HAS THE RIGHT TO ALTER THE COURSE AND/OR THE PRIZE STRUCTURE IF THE NEED ARISES.

SIGNATURE: _____ **DATE:** _____

Parent/Guardian must sign if entrant is under 18 yrs. old