

10TH ANNUAL
MONSTER DASH 5K
 RUN-WALK
 & 1 MILE FUN RUN
 POINT PLEASANT BEACH BOARDWALK
 SATURDAY, OCTOBER 26, 2019

Start/finish: Parkway and Ocean Ave.

Boardwalk Entrance

In front of Jenkinson's Aquarium

- Chip timing for 5K by Elite Racing Systems
- Jenks Lunch provided to first 300 5K registrants
- Flat, fast, scenic, fun course by the beach, town lakes, and inlet!
- Start time: 10:30 AM 5K, 9:30 Fun Run
- Race Day Registration (5K ONLY) begins 9:00AM
- Post race party at **JENKINSON'S**
- Packet Pick Up – Race Day at Jenks! or Friday, October 25 ~ 7:00pm-8:00pm
 First Aid Building: 611 Laurel Ave
 Point Pleasant Beach Next to Stop & Shop
- Questions? Visit PointBeachEMS.org or email PtBeachFun@gmail.com or call 732.899.0146
- Email for +10 Group & Military Discounts!



Monster Dash 5K
It will be frightfully fun!

Bring the whole family!

SAVE THIS SIDE

Monster Dash 5K & 1 Mile Fun Run!



SATURDAY OCTOBER 26 to benefit the

POINT PLEASANT FIRST AID & EMERGENCY SQUAD

FIRST NAME: _____ LAST NAME: _____

EMAIL: _____ AGE: _____

TSHIRT SIZE 5K ONLY: ADULT: S M L XL XXL CHILD: S M L XL



ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE NUMBER: _____ SEX: M F

\$25 MONSTER DISCOUNT 5K REGISTRATION - UNTIL OCTOBER 15TH: SHIRT GUARANTEED

\$30 FOR 5K RECEIVED BY OCTOBER 24 AND ON RACE DAY - NO SHIRT GUARANTEED

VISIT OUR WEBSITE WWW.MONSTERDASH5K.COM

FOR LINKS TO ONLINE REGISTRATION AND TONS OF FUN INFO!

MAKE CHECKS PAYABLE TO POINT PLEASANT FIRST AID 5K © NO REFUNDS!

MAIL THIS REGISTRATION FORM WITH CHECK TO:

PT PLEASANT FIRST AID ~ PO BOX 1744 ~ PT PLEASANT BEACH, NJ 08742

Liability and Publicity Release

By signing my name below, I certify that I have read all the items and conditions of the release **on the opposite side of this form** and do intend to be legally bound thereby.

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT IF RUNNER IS UNDER 18: _____

**1 MILE
 FUN RUN**

CIRCLE THIS BOX FOR
 FUN RUNNERS!

\$15 REGISTRATION

REGISTER BY OCT 15 TO
 GUARANTEE A
 DRAWSTRING BACKPACK!

ALL FINISHERS GET A
 HALLOWEEN MEDAL!

(NO TSHIRT OR LUNCH)

CUT AND MAIL IN THIS SIDE - IF YOU DARE!

Liability and Publicity Release

Please accept my entry into the Monster Dash 5K. I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather (including low or high temperatures and/or humidity), traffic and the conditions of the course, all 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, myself, my executors, administrators, assignees and anyone entitled to act on my behalf, waive and release the Point Pleasant First Aid and Emergency Squad, it's officers, members and race volunteers, the Borough of Point Pleasant Beach and it's Departments and employees, and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the person named in this waiver. Further, I grant to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. I understand that events will be held rain or shine and NO refunds will be issued including cancellations due to acts of God. By signing my name on the opposite side of this form, I certify that I have read all the items and conditions of this release and do intend to be legally bound thereby.

Prizes for top finishers and best costumes!

Top M/F Finishers ~ Top M/F Costumed Finishers
Best Costume Overall - M/F Runners ~ Best Costume - Group
Best Couple ~ Best Homemade Costume
Most Creative ~ Scariest ~ Funniest

5K Awards to Top M/F Finishers in 5-year age categories!

Age Categories: 0-8, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80 & up

Fun Run: Top M/F Runners and Top Costumed Runners

Random Prizes! Refreshments! NEW ROUTE!

Water stations! Time read at Mile 1 & 2! Chip timing!



CUT AND MAIL IN THIS SIDE - IF YOU DARE!

DIRECTIONS

From North:

- Take the Garden State Parkway South to Exit 98.
- Stay left after the exit and follow to Route 34 South to Route 35 South.
- Cross the Manasquan Bridge and stay in the left lane.
- Turn left at the third light after the bridge on to Arnold Avenue and head east to Ocean Avenue.
- Turn left at the (second) light on the corner of Ocean and Arnold. The start is two blocks up on your right to the right of Jenkinson's Aquarium.

SAVE THIS SIDE

From South:

- Take the Garden State Parkway North to Exit 90.
- Turn right at the exit ramp and follow to Brick Blvd (CR549) and make a left.
- Merge right onto Route 70 following signs for Route 88 (stay in the second lane from the left).
- Turn right onto Route 88 East.
- Continue east until Route 88 leads into Route 35 North (stay left at the fork) in Point Pleasant Beach.
- Turn right on Arnold Avenue (by the train station) and follow last direction above.

From West:

- Take 195 East to Exit 35.
- Continue on Route 34 South and follow above directions from North beginning from Route 34.

From East:

Swim! Ride the waves in!
Grab your running shoes
and get to the start!

PARKING:

Street Parking and lots, if open. Watch for meters!

JENKINSON'S
BOARDWALK

ALL POINTS
PRINTING & GRAPHICS
831 ARNOLD AVENUE
POINT PLEASANT BEACH
732.892.6670
ALLPOINTSPRINTINGNJ.COM