



Cape May County Bar Foundation  
presents its Ninth Annual 5K Run and 1K Walk

# “RACE JUDICATA”

Proceeds benefit the Cape May County Bar Foundation Scholarship Fund, which provides college scholarships to Cape May County high school students.

## 5K Run & 1K Walk on the Beach

- When:** Friday, July 20, 2007. Race time 6 p.m. Check in starts at 5 p.m.
- Where:** the beach at JFK Blvd & the Promenade in Sea Isle City, NJ.
- How:** Advance registration by July 5, 2007. Late registration accepted until race time. Register by mail (see below) or see www.racejudicata5k.com.

**Advance registrants receive a *Race Judicata* t-shirt.**  
**Late registrants receive t-shirts only while supplies last.**

- Awards:** Cash prizes for best time overall, male and female. Medals for top finishers, male and female, in each age category: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 & 70+.

**Water, fruit and snacks provided to all participants.**  
**Post-race party in Sea Isle City, location TBA.**

- Race fees:** 18 & over: \$25 advance registration, \$30 late registration.  
Under 18: \$10 advance registration, \$15 late registration.

- More info:** Call 609-463-0313, e-mail [cmcba@comcast.net](mailto:cmcba@comcast.net), go to [www.aksts.com](http://www.aksts.com), or see [www.racejudicata5k.com](http://www.racejudicata5k.com).

### Race Registration and Release Form

<b>Name:</b>		<b>Age:</b>	<b>Birthdate:</b>
<b>Address:</b>		<b>City:</b>	
<b>State:</b>	<b>Zip:</b>	<b>Phone:</b>	
<b>E-mail:</b>	<b>Sex:</b> F M	<b>T-Shirt size:</b> S M L XL XXL	
<b>I am registering for:</b> 5K race 1K walk		<b>I enclose fee of \$</b>	

**Release:** In consideration of your accepting this entry, I, intending to be legally bound for myself, my heirs, my executors and assigns, waive and release any and all rights and claims for damages for any and all injuries suffered by myself in this event that I have or may have against the race organizers, sponsors, host city, and beneficiaries, including but not limited to City of Sea Isle City, Athletes Korner Sports Timing Systems Inc., Cape May County Bar Foundation, Cape May County Bar Association, the members, officers, representatives, employees, successors and assigns for each entity. I recognize that running and walking are physical activities with certain risks. I have weighed those risks and verify that I am physically fit and have sufficiently trained for the completion of this event and a licensed medical doctor has checked my physical condition.

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

(Parent/Guardian must sign if participant is under 18 years of age)

All checks payable to: Cape May County Bar Foundation  
Mailing address: P.O. Box 425, Cape May Court House, NJ 08210.