

**THE ANIMAL HOUSE 5K**  
**AT THE CAPE MAY COUNTY PARK/ZOO**  
**CAPE MAY COURT HOUSE, NJ**  
**AUGUST 28, 2010 8:00 AM**

**ALL PROCEEDS BENEFIT THE MIDDLE TOWNSHIP HIGH SCHOOL BOYS AND GIRLS CROSS COUNTRY TEAMS**

\$15.00 per person – pre registration before 8/8/10 - must be postmarked by 8/8/10  
\$20.00 Post registration – thereafter

All registered runners receive a T-shirt – Age group awards for males and females.  
Registration and pick-up: From 7 am at the County Park 8/23

Please Print Clearly

Name \_\_\_\_\_

Age \_\_\_\_\_ Male / Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

T – Shirt size small / medium / large / XL

Please make all checks payable to: MTHS  
Mail Entries to: Animal House 5k  
332 44<sup>th</sup> Street W  
Sea Isle City, NJ 08243

Race Applications, Information, Directions, and Results:  
www.animalhouse5k.com  
Questions? Please email: [chuckgehman@sicbp.com](mailto:chuckgehman@sicbp.com)  
or call Chuck @ 609-602-6744

IN CONSIDERATION OF ACCEPTING THIS ENTRY , I, THE UNDERSIGNED , INTENDING TO BE LEGALLY BOUND, HEREBY , FOR MYSELF, EXECUTORS AND ADMINISTRATORS , WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR LOSSES AND DAMAGES THAT I MAY HAVE AGAINST THE RACE SPONSORS AND ORGANIZERS, THE COUNTY OF CAPE MAY , THE CITY OF CAPE MAY COURT HOUSE , MIDDLE TOWNSHIP , MIDDLE TOWNSHIP HIGHS SCHOOL, AND ALL OTHER PARTIES AND THEIR REPRESENTATIVES , SUCCESSORS , AND ASSIGNS FOR ALL AND ANY INJURIES SUFFERED BY ME IN SAID EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE TRAINED FOR THE COMPLETION OF THIS EVENT AND MY PHYSICAL CONDITION HAS BEEN VERIFIED BY A LICENSED MEDICAL DOCTOR. I KNOW THAT A RUNNING RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING PARTICIPANTS , THE EFFECTS OF WEATHER , INCLUDING HIGH HEAT AND OR HUMIDITY AND CONDITIONS OF THE COURSE , ALL RISKS BEING KNOWN AND APPRECIATED BY ME. FURTHER , I HEREBY GRANT FULL PERMISSION TO ANY FOREGOING TO USE PHOTOGRAPHS , VIDEO TAPES , MOTION PICTURES , RECORDINGS , AND OTHER RECORDS OF THIS EVENT FOR ANY PURPOSE WHATSOEVER. **SIGN BEFORE PARTICIPATION :**

**SIGNATURE (PARENT OR GUARDIAN IF UNDER 18)** \_\_\_\_\_

**DATE:** \_\_\_\_\_