

The Ryan Andrew Kaiser Memorial Foundation In association with

The Jersey Shore Running Club



## **5K Race** and

WHEN: Saturday June 30, 2012

WHERE: Mountain Hill School – Middletown, NJ START: 5:00 PM Sharp - Kids Races go off first FEES: 5K & 1Mile Fun Run: \$25 before June 25. \$30 after and on race day

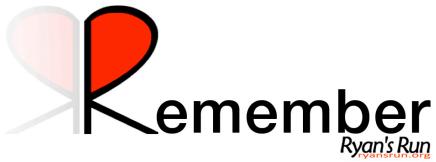
Kids Race: \$15 - 7 years old & under

T-SHIRTS: Guaranteed if registered before June 10th. While supplies last on race day

REGISTRATION

Online at www.RyansRun.org, mail-in form below or in-person on race day

Ryan's Run is coming to an end. Join us for the last running of the Jersey Shore's most celebrated run. Pre-race sign ups and bib pick up on Friday night June 29th from 6-7:30 PM at the Mountain Hill School. Our final event will start at 5:00PM on June 30th. A great post race party with food, music, dancing and fun will follow the run. We'd also love your Facebook and twitter support by mentioning RyansRun.



We've set up a FirstGiving fundraising page where you can become a RR sponsored runner. http://www.firstgiving.com/rr-remember. This is a great way to help – tell people why you run this race and how they can help make this final race one to "remember" forever.

## **DIRECTIONS From South:**

GSP to Exit 114. Make a Right at the light immediately following the exit ramp onto Red Hill Road. Veer to the right at the next light, and then make a quick left to continue on Red Hill Road. Continue on Red Hill Road and make a right onto Bamm Hollow. Take Bamm Hollow approximately 5 miles (when you cross over Rt. 35 the road changes to Chapel Hill Road.) Take Chapel Hill Rd. to end and make right onto Kings Highway East. Mountain Hill School on right in approximately 7/10 of a mile.

Address: 724 Kings Hwy East, Atlantic Highlands, NJ 07716

## **DIRECTIONS From North:**

GSP to Exit 114 make a left after toll. Follow signs to Red Hill Road. Go 1 mile to Bamm Hollow Road and make a right. Follow this road approximately 5 Miles (When you cross Route 35 the name changes to Chapel Hill Road). Take Chapel Hill Rd. to end and make a right. Mountain Hill School is on the right in approximately 7/10 of a mile. Address is 724 Kings Highway East, Atlantic Highlands, NJ 07716.

Parking: Oldwick Ct., Roebling Ct., Constitution Ave. and Sara Lane.

Make Check Payable to: RAKMF Mail to: S. Beck

15 Rolling Knolls Dr.

MAIL- IN RGISTRATION FORM Separate applications required for each runner No Refunds| The RAKMF is a 501 c-3 charitable organization

Please consider an additional charitable donation or Family Sponsorship to the RAKMF

Family Sponsorships: \$300 including race registration fees &listing in race brochure Cut off for listing in brochure based on our receipt of applications by June 1, 2010

Middletown, NJ 07746						
First Name:	Last Name:				Age:	Gender Circle One:
						M F
Street Address:			City:		State:	Zip:
Email:		T-Shirt Circle One :  Adult sizes: S M L XL XXL  Kids sizes: M L		Event Circle One:  5K - 1 Mile Fun Run - Kids Race (Under 7)		

I know that running or walking in a road race can be a hazardous activity. I assume all risks associated with participation in Ryan's Run, and hold harmless the Foundation, race directors, Mountain Hill School and all involved from any and all liabilities from participating in this event. My signature here relinquishes my rights to any of my or my families' rights or claims for damages.

Signature: (Parent or guardian if runner is under 18 years of age)