

# DARE TO DASH 5K RUN/WALK

**Proceeds will benefit Bishop  
McHugh Regional Catholic  
School Athletic Programs**

**Date: October 19, 2013**

**Time: 9 am MILE run  
9:30 am run/9:35 walk**

**Location: JFK Blvd  
on the Sea Isle promenade  
Sea Isle City, New Jersey**

- \$ 20.00  
Pre-registration for runners and walkers  
By October 14, 2013
- \$ 25.00 Race day registration
- \$10.00 Mile Run ( ages 12 and under)
- Make checks payable to Bishop McHugh Athletic  
Association

**RACE DAY Registration begins at 7:30 am  
JFK BLVD (Sea Isle Promenade)**

## AWARDS

- 1st, 2nd & 3rd overall- 5k  
Run Male & Female
- Prizes for the top 3 finishers in each age group in both  
male and female divisions:  
13 & under, 14-19, 20-29, 30-39, 40-49,  
50- 59, and 60 & over
- 1st, 2nd and 3rd overall- Mile male & female



**HAVE SOME FUN! RACE  
IN COSTUME.  
PRIZES FOR BEST  
INDIVIDUAL & GROUP  
( 5 MAX) COSTUME.**

**MONSTER MILE 9am  
AGES 12 AND UNDER**

**\$10.00**

**For more information.  
[www.bishopmchugh.com](http://www.bishopmchugh.com)**

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

MALE OR FEMALE (CIRCLE ONE)      AGE ON RACE DAY \_\_\_\_\_      SHIRT SIZE (CIRCLE ONE)    S      M      L      XL

AMOUNT ENCLOSED \_\_\_\_\_      EVENT (CIRCLE ONE)    MILE RUN      5K RUN      5K WALK

I, the undersigned, intending to be legally bound, 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 City of Sea Isle, Bishop McHugh Regional Catholic School, their employees, representatives. I attest and verify that I am physically fit and my physical condition has been verified by a licensed medical doctor. I assume all risks associated with this event, the effects of weather, including heat and/or humidity, and conditions if the course, all such risks being known and appreciated by me. I agree to abide by all decisions of the race officials as final. This form must be signed before participation. In consideration of the acceptance of my entry, I execute this release.

Signature \_\_\_\_\_      date \_\_\_\_\_      parent's signature if under 18 \_\_\_\_\_

**Mail form and entry fee to:**

Bishop McHugh Athletic Association  
2221 Route 9 North  
Cape May Court House, NJ 08210

609 624-1900      [www.bishopmchugh.com](http://www.bishopmchugh.com)  
E-mail: [michelecarey59@comcast.net](mailto:michelecarey59@comcast.net)