

# JUST US GIRLS

"Making a Difference "

## 15th ANNUAL 5K

PROMOTING BREAST CANCER AWARENESS

Saturday, October 24th, 2009 at 9:30 a.m.

The Sea Girt Army Camp

### ENTRY FEE INCLUDES:

- LONG SLEEVE SHIRT
- FREE BUFFET AND CELEBRATION AT HARRIGAN'S PUB IMMEDIATELY AFTER RACE!

- TROPHIES FOR FIRST THREE FEMALE FINISHERS IN EACH CATEGORY.
- MEN WELCOME TO PARTICIPATE
- MOTHER/DAUGHTER TEAMS **MUST** FINISH TOGETHER!

FOR MORE INFORMATION AND RACE FORMS

REGISTRATION AND SHIRT PICK UP-THURSDAY OCTOBER 22nd 5-8 p.m. AT HARRIGAN'S PUB

PLEASE VISIT US AT:

[WWW.JUSTUSGIRLS.NET](http://WWW.JUSTUSGIRLS.NET)

*Just Us Girls is the only non-profit organization that directly advocates for women in Monmouth and Ocean Counties who have been traumatized by breast cancer. All profits are returned to the community through individual financial awards and annual scholarships.*

PLEASE PRINT

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

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ T-shirt size (circle one) S M L XL

E-MAIL ADDRESS: \_\_\_\_\_

CATEGORY: RUNNER \_\_\_\_\_ WALKER \_\_\_\_\_ MOTHER/DAUGHTER \_\_\_\_\_

LIABILITY RELEASE: (ALL ENTRIES MUST BE SIGNED) Please accept my entry in the 2009 Just Us Girls 5k. I hereby state that I have conditioned myself to participate in the event. I, for myself, my executors, administrators and assignees, do hereby release and discharge the Just Us Girls, officials, sponsors and volunteers from any damages or injuries occurring by my participation in this event. By signing my name below, I hereby certify that I have read all the terms and conditions of this release and do not intend to be legally bound hereby.

Signature

Date

Parent signature needed if under 18

Date

ENTRY FEE \$20

DAY OF RACE \$22

(T-shirt guaranteed if registered by 10/22/09)

For more information call:

Gerri (732) 840-9063 or Chris (732) 223-2632

Liz (732) 295-7549 (Volunteer Hotline)

Please make check payable to:

*"Just Us Girls"*

MAIL TO:

P.O. Box 663

Manasquan, NJ 08736

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