

2008 ALLAIRE 5K

CALLING ALL RUNNERS AND WALKERS

The 12th annual ALLAIRE 5K Cross Country Run will be held at Allaire State Park in Wall Township on **Sunday, October 5, 2008 at 8:30 am**. The race follows the paved walkways and scenic trails through Allaire State Park. Proceeds from the race benefit the St Catharine School Athletic Programs and the Monmouth-Ocean Parochial Cross Country League.

All registered runners/walkers will receive a custom long sleeve T-shirt. Awards will be given to the top 3 male and female finishers as well as the winner in each age group (5 year age brackets). Awards will also be given to the top 3 walkers. All registered entrants will enjoy post-race refreshments and “goody” bags.

If you want to run or walk: The Allaire 5K is open to runners and walkers of all ages and abilities. To register, please return the attached form (see Allaire 5K PDF). SCS students can sign up for the 5K using this form but most will be running in the **NJ Grammar School XC Championships** to be held later that day. Those signups will be held with the SCS Cross-Country Team. You may also register for the Allaire 5K on-line at www.raceforum.com/allaire.

If you want to volunteer: This event is a major undertaking and can only be successful with the assistance of many volunteers from the St Catharine School community. We need you, please call Mario Paniscotti at 732-618-6545 or email: 2008allaire5k@optonline.net.

If you want to be a sponsor: Please consider sponsoring this event. We offer Major and T-Shirt Sponsor opportunities. All information on sponsorship is provided in the attached sponsor letter and form. Any questions, please contact us per the information above.

Please consider supporting this event by running/walking, volunteering or sponsoring. Thank you and we look forward to seeing you at Allaire State Park on October 5.

2008 Allaire 5K & NJ GSXCC Race Committee