



# Mike's Seafood POLAR BEAR RUN - WALK for AUTISM



Sponsored By **SYSCO Foods Philadelphia  
& LaCosta Motel & Lounge**  
**Sunday Feb. 14, 2010**

*the day after the Polar Bear Plunge*

**SEA ISLE CITY, NJ • 5K RUN 1.5 MILE WALK 11:00 AM**  
**on the Boardwalk in conjunction with THE POLAR PLUNGE WEEKEND**

## Reasons to Run

1 in 150 children are diagnosed with autism, making it more common than pediatric cancer, diabetes, and AIDS combined. It is four times more likely to strike boys than girls and typically lasts throughout a person's lifetime. Autism impairs a person's ability to communicate and relate to others. Symptoms can range from very mild to quite severe. The Polar Bear Run-Walk will generate funds for autism research, awareness, advocacy and family services.

**If you can think of one person who has autism, they are the reason you should participate. Come and help make their future a better one!**

## 5K Run Awards

### 1ST Male & Female Overall

Win a trophy + \$100 Gift Certificate to Mike's Seafood!

**Unique Medals to 1st, 2nd & 3rd Male & Female in the following categories:**

14 & Under • 15-19 • 20-29 • 30-39  
40-49 • 50-59 • 60-69 • 70 & Over

## THE WALK IS NON-COMPETITIVE

### REGISTRATION

SAT., FEB. 13 - 10AM-4PM and  
Sun. 9AM-10:45AM at Tent Outside LaCosta Lounge  
at Corner of Landis Avenue & JFK Blvd. or

### Mail Entry Form to:

Mike's Seafood, 4222 Park Rd, Sea Isle City, NJ 08243

Pre-Registration \$20.00 by Feb. 10th, 2010  
Day of Event - \$25.00

All Pre-Registered will receive a custom t-shirt & are  
entered into the raffle

Day of Race Shirts Available as Supply Lasts

### GROUP RATES - 10 or More People

Pre-Registration Only - Call for Info (609) 861-0674

**Make Checks Payable To:**  
**Polar Bear Run-Walk for Autism**  
A Non-Profit Organization Tax Exempt #27-1476404

## RAFFLE

### Awesome Sports Tickets!

**Philadelphia Eagles Tickets** - 4 Tickets,  
16 Rows off the Field, Seats 1, 2, 3 & 4 on Eagles Side

**Philadelphia Phillies** - 4 Club Box Seats

**Philadelphia Flyers** - 2 Sets of Tickets  
Row 1 on the Glass Seats 1 & 2; Row 3 Seats 1 & 2

**Philadelphia 76ers** - 2 Tickets, Row 1 Behind 76ers Bench

*Plus...* Restaurant Gift Certificates for  
Capital Grill, Ruth Chris, McCormick's &  
Schmick's and Many Local Favorites such as  
Lobster Loft, Marie's, Deauville, Braca's, Mildred's  
and of course Mike's Dock

## Run or Walk

Then Join Us in the **HUGE HEATED TENTS**  
**OUTSIDE LaCOSTA LOUNGE**

Live Music • Buffet: Bagels, Donuts,  
Pastries, Soft Pretzels, Fruits & Drinks  
Raffle & Awards - Clowns, Magicians and  
Face Painters for the Kids!

Event Organizers: Mike & Jeannie Monichetti

Race Directors: Mike & Pam Givens, (609) 861-0674

polarbearrunwalkforautism@comcast.net

REGISTRATION FORM ON REVERSE SIDE

# REGISTRATION FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender M F Please Circle  
Street: \_\_\_\_\_ Walk 5K Run Shirt Size: YL SM MED LG XL XXL  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: ( ) \_\_\_\_\_ **E-mail:** \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Emergency Contact Phone No. \_\_\_\_\_

**Release.** In consideration of your accepting this entry form and registration fee and allowing me to participate in the 2010 Polar Bear Run-Walk for Autism, I, the registrant whose name appears above and whose signature appears below, intending to be legally bound for myself, my heirs, my executors, successors and assigns, do hereby waive and release any and all rights and claims for damages or liability, of any kind or nature, whether for personal injury, property damage, or both, that I have or may have against any and/or all of the following, including their members and representatives, contractors and sub-contractors, employees, successors and assigns: Mike's Seafood Inc., Mike Monichetti, Jeannie Monichetti, Polar Bear Run-Walk for Autism, Inc., a New Jersey non-profit corporation, RunawayAC, Mike & Pamela Givens, LaCosta Lounge, Bennett Enterprises, City of Sea Isle City, Sea Isle City Revitalization, Sea Isle City Ambulance Corps, Sea Isle City Police Dept., and County of Cape May, along with all event sponsors, all event beneficiaries, and all who donate prizes or any service or thing of value for the benefit of the 2010 event sponsored by Polar Bear Run-Walk for Autism, Inc. I understand and accept that the weather may be cold, and that conditions on the course for the Run or Walk may include ice, snow, sleet, slush, rain, uneven ground and similar hazards. I agree to assume the risk of any physical conditions of the course for the Run or Walk. I verify that I am physically fit, that I am physically capable of participating in this Event, that I have sufficiently trained for the completion of this event, and that a licensed medical doctor has checked my physical condition and approved my participation in this event. In case of emergency, I grant permission to the event organizers and/or their agents, including Sea Isle Ambulance Corps, to treat me in the event of accident or injury, or to transport me to a facility for treatment. I acknowledge that I am financially responsible for any and all medical bills incurred by me and/or my child for injuries incurred while participating in this event. I grant permission to the event organizers to use my name, likeness, voice and photograph, videotape, or quotation from me in accounts and promotions of this event in any medium; this permission is perpetual and worldwide.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parents or Guardians Signature Required for all Participants  
under 18 years of age

Date \_\_\_\_\_

Mail Entry Form To: Mike's Seafood, 4222 Park Road, Sea Isle City, NJ 08243  
(Before February 10, 2010)

## HELP US RAISE MONEY FOR AUTISM.

### Ask family, friends & neighbors to sponsor you.

Anyone raising over \$100.00 gets free registration.

**The individual raising the most money  
will receive 4 Eagle Tickets!**

4 Tickets, 16 Rows off the Field, Seats 1, 2, 3 & 4 on Eagles Side  
*(Must Raise \$500.00 Minimum to Qualify for Tickets)*

Polar Bear Run-Walk for Autism is a non-profit organization. Proceeds benefit Autism Speaks, Ocean Academy Special Services, Atlantic & Cape May County FACES Autism Support Group, Cape May County Equestrian Facilities, Inc. and Families of Special Needs Children.

**WE NEED YOUR SUPPORT! WE ARE IN NEED  
OF MORE SPONSORS AND VOLUNTEERS!  
PLEASE JOIN AND SUPPORT THESE FINE SPONSORS!**

Chapman Ford

Brown & Brown Insurance

Marini Plumbing

Coca Cola

Pinelands Construction

JF Builders

American Martial Arts Academy

Desiderio Family

TAC Printing

1st Bank of Sea Isle City

Bill & Kathy Logan Family

Sneaker Shop O.C.

Jim & Jennifer Bennett Family

Sea Isle City Revitalization

**Help us make this event even better than last year!**

**Please call us at (609) 861-0674**

**or e-mail us at polarbearrunwalkforautism@comcast.net**