

Morris Mauler 5k Trail/X-Country Race



"The toughest, nastiest, meanest, 5k race in New Jersey"

December 21, 2003

This race features a hill known as The B*st*rd. You have run faster, now come run The B*st*rd.

You will never look at a tough race the same way again!

Guaranteed to be minutes slower than what you normally run for a 5k (accurately measured course).

Be prepared to do your Personal Worst, you will not look pretty after this race or think highly of the organizers of this brutal event.

This event is not for: wimps, pansies, candy @\$es, flatlanders, whiners, or belly-achers.

You must be tough to run this race.

Course is very challenging with a difficulty rating of 8.7 on the "Hillometer Chart" (10 being toughest, 1 being easiest.)

The course measures 4.3 on the Agility/Stability Chart (1 being the easiest, 10 being rough terrain)

Location: Lewis Morris Park

Time: 10:30 Start

Registration: Opens at 8 am

Refreshments: Will be provided at race and there will be a post-race social gathering at a local establishment.

Awards: Unique overall and age group awards will be given (5 year age increments above age 34).

DIRECTIONS:

From 287

Exit 30B. Turn right onto Rt.202 North and follow for about a mile to next traffic light (Tempe Wick Rd.). Make left onto Tempe Wick Rd. follow about 1.25 miles to entrance to Jockey Hollow National Park. Make right

turn into park (warning, 20MPH) and follow Tour Road to Soldiers Huts and make left just before Soldiers Huts and continue almost 0.5 mile to Lewis Morris County Park entrance on left. After entrance, make a left and follow road down to Doe Meadow Picnic grove. Park in parking lots on your right."

Directions from Rt. 24:

Take Rt. 24 to Lewis Morris Park entrance. follow road down to Doe Meadow Picnic grove. Park in parking lots on your left.

Contact 908-229-9687 or 908-295-8580 for more information.

REGISTER ON-LINE AT www.active.com

Official Entry Form

Mail completed form to: Morris Mauler 5K, 34A Bartle Court, Highland Park, NJ 08904

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Sex: (circle one): M F Age on Race Day: _____ Date of Birth: _____

Check whichever applies:

\$15 USATF members (Postmarked by 12/15/03) USATF-NJ #: _____

\$17 Pre-registration (Postmarked by 12/15/03)

\$19 Post-registration and race day

Make Checks Payable to: Morris Mauler 5K

Waiver/Release:

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in these trail events, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release, the race directors, and all organizing committees, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed: _____ Date: _____
(by guardian if under 18)



500 points