

# SPRING Morris Mauler 5k Trail/X-Country Race



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

**April 10, 2004**

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 Scale (1 being the easiest, 10 being rough terrain)



**Location:** Lewis Morris Park

**Time:** 10:30 Start

**Registration:** Opens at 9 am

**From the East:**

Take route 24/513 West to Entrance of Lewis Morris Park (3 miles west from Center of Morristown).

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

Contact 908-295-8580 for more information.

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

**RACE LIMITED TO 200 RUNNERS ONLY!!!**  
Call Hot Line 908-295-8580 for info or check website [www.runnersmecca.com](http://www.runnersmecca.com) to see if Post registration is still being accepted.

## DIRECTIONS:

### From the West

Take route 24/513 East to Entrance of Lewis Morris Park (approx 3-4 miles east from Center of Mendham).

**REGISTER ON-LINE AT [www.active.com](http://www.active.com)**

## Official Entry Form

Mail completed form to: Morris Mauler 5K, 143 Joseph Street, East Brunswick NJ, 08816

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

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

Check whichever applies:

\$19 USATF members (Postmarked by 4/5/04) USATF-NJ #; \_\_\_\_\_

\$21 Pre-registration (Postmarked by 4/5/04)

Or register online at [www.active.com](http://www.active.com) (by 4/7/04)

\$25 Post-registration and race day

**Make Checks Payable to: Runnersmecca/Mauler**

**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)

