

Morris HIBERNATION

Mauler 5k Trail/X-Country Race



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

Sunday, November 21, 2004 @ 10:30

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, Morris County, NJ

Time: 10:30 Start

Registration: Opens at 9 am

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

Awards: Top 5 overall, and age group winners in 5 year age increments above age 34.

DIRECTIONS:

Lewis Morris Park is adjacent to Jockey Hollow National Park in Morris County New Jersey.

From the West

Take route 24/510 East to Entrance of Lewis Morris Park

(approx 3-4 miles east from Center of Mendham.

From the East:

Take route 24/510 West to Entrance of Lewis Morris Park (3 miles west from Center of Morristown).

T-SHIRTS GUARANTEED TO THE 1ST 150 REGISTRANTS!!

Contact 908-295-8580 for more information or check the website www.runnersmecca.com.

REGISTER ON-LINE AT www.active.com

Parking is limited, so please CARPOOL and try to arrive EARLY !

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 11/15/04) USATF-NJ #; _____

\$21 Pre-registration (Postmarked by 11/15/04)

Or register online at www.active.com (by 11/18/04)

\$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)

