



Morris Knolls Baseball Diamond Club

MK5K

“In Honor of the Love of High School Baseball – From Young to Old”

Saturday, April 23rd, 2005 – 8:00 AM

Denville Community Church, Diamond Spring Road, Denville

Free Mizuno Wave Riders awarded to male and female winners! (Donated by MIZUNO) And Runner's Haven

USATF sanctioned event and certified 5K course – **FAST and FLAT** (previously used by Harvest Festival 5K)

Race starts at Denville Community Church and ends near St. Clare's hospital

Parking is available at both start and finish, but *arrive early!*

Post-registration and bib/t-shirt pick-up available at **RUNNER'S HAVEN** (477 Rt. 10, Randolph) on April 20-21. Race day registration from 6:45 – 7:45 am in church lot.

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T-shirts available while supplies last. DJ music at start and finish lines; post race refreshments available

Award ceremony and door prizes from area merchants – must be present to win

Rain or shine! Timing by CompuScore

For more info:
Call Joanne Dzialo (973) 896-5236
Email Rich Luttenberger (Lutt22@yahoo.com)
Visit our website at www.mhrd.k12.nj.us/mk/mk5k

AWARDS:

Given to top 3 male and female finishers in each category below:

- 12 years and younger
- 13-20 years
- 21-29 years
- 30-34 years
- 35-39 years
- 40-44 years
- 45-49 years
- 50-54 years
- 55-59 years
- 60-69 years
- 70 and over

- Morris Knolls students
- Morris Knolls staff
- Morris Knolls alumni

FEES:

- Pre-entrants (postmarked by April 16th)
 - USATF-NJ member ----- \$13.00
 - Morris Knolls staff, student and alumni ----- \$13.00
 - Non-USATF-NJ member ----- \$15.00
- Post-registrants (after April 16th) ----- \$20.00 for all

Proceeds to benefit the Diamond Club scholarship program, the Morris Knolls baseball team, and a portion of the proceeds will be donated to the Marit Gaynor Scholarship Fund

Car wash in the Church lot at 9 am – please return the support!

DIRECTIONS:

FROM WEST: Route 46 East to Denville, left at light near Wendy's onto W. Main St. Road turns quickly right – take it to town center and make a left at light onto Diamond Spring Rd. Proceed to Denville Community Church which will be on the right.
FROM EAST: Route 46 West to Mountain Lakes Boulevard, make right at light, proceed to Pocono Road, turn left at light. Pocono ends at Diamond Spring Rd, make right, follow to Church as above.

ENTRY APPLICATION – make checks payable to the *Morris Knolls Baseball Booster Club*. Mail to *MK5K, 20 Sunset Trail, Denville, NJ 07834*

Date of Birth: ____/____/____ USATF-NJ #: _____ Sex: M _____ F _____

Name: _____ Age on Race Day: _____

Address: _____ Phone: _____

Town: _____ State: _____ Zip: _____

Check if applicable: MK student _____ MK staff _____ MK alumni _____ (year graduated) _____

I, the undersigned, understand that road-running is a potentially hazardous activity that may include but is not limited to falls, effects of heat and humidity, and conditions of the course. I also realize that vehicles may share the road, and, especially by the hospital, may be permitted by law enforcement officials to cross the course. In consideration of your accepting this entry, I hereby waive any and all rights and claims to damage I may have against Race officials, the Township of Denville, the Morris Knolls Baseball Diamond Club and baseball team, Denville police and first aid squads, co-sponsors, Race volunteers, USATF, USATF-NJ, their staff, officials, and any representatives for any and all injuries by me in this event. I attest that I am in physical condition for this event.

Runner signature, or Parent if under 18

S M L XL
circle t-shirt size

Date