23rd Annual
Montclair
YMCA MRCA

Montclair Run

10K and 2-Mile Run/Walk

Obstacle Course

Sunday, June 5, 2005

Schedule of Events

7:30-9:00 AM	Registration
8:30 AM	2 Mile Fun Run/Walk
8:45 AM	**Obstacle Course**
9:15 AM	Stretching
9:30 AM	10K Race
11:00 AM	Award Ceremony

Entry Fees	Adult	Youth (under 16)
2 Mile 8:30 AM		
Until May 28	$12	$ 8
After May 28	$14	$10
10k Run 9:30 AM		
Until May 28	$16	$ 8
After May 28	$20	$10

Awards

10K-Trophy and prizes to 1st, 2nd and 3rd place overall male and female winners. Medals and prizes to 1st, 2nd and 3rd place finishers in each age group, (male/female, 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over). Trophy to oldest male & female finishers.

2-Mile - Fun Run Medals to 1st, 2nd, and 3rd place overall finishers.

Prizes awarded by Fleet Feet Sports

9:00-11:00 AM Family Fun Day Activities

D.J., refreshments, sports massage, moon walk, and games provided by Audience Pleasers.

Montclair YMCA
25 Park Street, Montclair, N.J. 07042
973-744-3400

Course

The T.A.C. certified race starts and ends at the Montclair YMCA on Park St. The 10K (6.2 mi.) is a flat course that runs through scenic Edgemont and Anderson Parks. Splits are at 1, 3, & 5 mile. There are 3 water stops. Compuscore will provide results on their website www.compuscore.com.

Obstacle Course

8:45 AM to 10:45 AM

No Registration Required
For children (age 6 & up) though adults
Participation is Free. Just show up.
This is a timed event for fun. No prizes.
Test your agility, strength & stamina.

Register online at

or at Montclair YMCA until June 2nd or Fleet Feet thru Sat. June 4. Early packet pickup at Fleet Feet. Fri. June 3 - Sat. June 4.

Information

Early Packet Pick-Up : Fleet Feet, 603 Bloomfield Ave., Montclair (corner of Midland Ave.)
Fri., June 3, 12 noon - 8 p.m., Sat., June 4, 10 a.m. - 7 p.m.

Make check payable to "Montclair YMCA"
Mail entry form and fee to: Montclair YMCA, 25 Park Street, Montclair, NJ 07042 Attn. Race Director, Montclair Run,
Note: Individual application forms are required for each race.

CUT

Montclair Run · Official Entry Form · June 5, 2005

Last Name | First Name | Sex | Age on Race Day | Birth date

Mailing Address Street (include Apt. # and/or c/o)

Race Entered: 2 Mile Only ☐ 10K ☐

City | State | Zip Code

T-Shirt Size: S ☐ M ☐ L ☐ XL ☐

Enclosed Entry Fee :	*Adults*	*Youth (16 & Under)*
Pre-Registration	*10K $16.00, 2m $12.00*	*10K $8.00, 2m $8.00*
Post-Registration (After May 28)	*10K $20.00, 2m $14.00*	*10K $10.00, 2m $10.00*

FIRST: For and in consideration of being accepted in the Montclair Run and obstacle course on Sunday, June 5, 2005, which is described in the attached application, I for myself, my heirs, executors, administrators and assigns do hereby expressly release and discharge the Township of Montclair, Township of Montclair Parks, Recreation, and Cultural Affairs Department, the YMCA of Montclair, all sponsors and volunteers (hereinafter Releasees) from all claims, demands, liability actions, or judgements of any kind whether caused by negligence of said Releasees or any of them or otherwise which I now have or in the future have against said Releasees or any of them arising out of my participation in the athletic competition which is the subject of this application. SECOND: I represent to the sponsors of this competition that I have been examined by a licensed physician who has approved my participation in this event. I further authorize the use of my name and photo in conjunction with publicity about the race.

Applicant's Signature | Parental Consent & Signature (required for all participants under 18) | Date | For Office Use Only Race Number ☐

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