



Morris Knolls Baseball Diamond Club

2nd Annual

MK5K

Saturday, April 22nd, 2006 – 8:00 AM

Denville Community Church, Diamond Spring Road, Denville

Free Mizuno running shoes awarded to overall male and female winner! *(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 (limited) and finish, but ***arrive early!***

Race day registration from 6:45 – 7:45 am in church lot.

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

Timing by CompuScore

RAIN OR SHINE!

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 15th)

USATF-NJ member	---	\$13.00
Morris Knolls staff, student and alumni	---	\$13.00
Non-USATF-NJ member	---	\$15.00

All post-registrants (after April 15th) ---- \$20.00

Proceeds to benefit the Diamond Club scholarship program, the Morris Knolls baseball team, and the Walt Stasiak scholarship and memorial

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, 89 Mt. Hope Rd., Rockaway, NJ 07866

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