

# 2006 SUMMER SERIES

## 5K Cross Country Races

TUESDAY EVENINGS AT 7:00 PM

July 11, 25 and August 8, 22

Johanson Field, Powerville Road, Boonton Township

hosted by the *Morris County Striders* in cooperation  
with the *Boonton Township Recreation Department*

*This is a cross-country race on grass around the ball fields at Johanson Field.*

**Absolutely no baby strollers or dogs allowed in race.**

**USATF sanctioned event**

*This is a no-frills race series (no T-shirts) designed to add fun to summer running and to prepare youth for fall cross-country competitions.*

*Pizza and cold beverage after the race. No alcoholic beverages allowed.*

Web: <http://www.morriscountystriders.com>

Series Hotline: 973-263-5529

### AWARDS:

**Top 3 Male & Female Overall winners**

**Youth Divisions:** 10 & under, 11/12, 13/14, 15/16, 17-19

**Open Divisions:** 20 to 34, 35 to 39

**Masters:** (40 and over) Five-year age groups

**Scoring by CompuScore:** Awards for each race and entire series. Must compete in 3 of 4 races for series awards.

### Pre-Registration Fees

Must be postmarked 5 days prior to race

17 & under & MCS members	\$5 per race
Non Members	\$8 per race
All four races 17 & under & MCS	\$19 by 6/30
All four races Non Members	\$30 by 6/30

### Race Day Fees:

17 & under and MCS members	\$6 per race
Non Members	\$10 per race

Make checks payable and mail to:

**Morris County Striders**

**7 Heritage Court**

**Towaco, NJ 07082**

**Directions: From Route 80:** Take exit 38 (46 East/Denville). Follow Rt 46 East just under 2 miles. Turn left toward Mountain Lakes onto the Boulevard (left turn lane starts at Paul's Diner). Go through Mountain Lakes on the Boulevard until just past the Welcome to Boonton sign. Bear left at the fork onto Elcock. Elcock becomes Powerville Road at Del's Village/Hawkins Place. See From Powerville Road below. **From downtown Denville:** Follow Diamond Spring Road until it becomes Rockaway Valley. Turn right onto Valley Road and then left onto Powerville Road. Turn left into RFL and Johanson Field. **From 287 coming North:** Take exit 45 (Wootton Street). At the stop sign, turn left. Follow Wootton St up the hill to the end. Turn right onto Oak. At the end, turn right onto Powerville Road. See From Powerville Road below. **From 287 coming South:** Take exit 45. At stop sign, turn left. At second light, turn right onto Wootton St and follow directions just above. **From Powerville Road:** Continue past the fire station (on left) for about 1/2 mile. Turn right to stay on Powerville Road at the fork. Field entrance sign is on the right side of the road. Turn left into RFL & Johanson Field.

## Registration Form

Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_  
First Last D M Y

Address \_\_\_\_\_ daytime phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
Street Town State Zip

Race entry for: July 11 \_\_\_\_\_ July 25 \_\_\_\_\_ Aug 8 \_\_\_\_\_ Aug 22 \_\_\_\_\_ e-mail address \_\_\_\_\_

I, the undersigned, know that cross-country 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. I assume all risks associated with running including but not limited to falls, effects of heat and humidity, conditions of the course. I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages against the Morris County Striders, USATF, USATF-NJ, Boonton Township, Boonton Township Recreation Department, the representatives, successors of assigns of these organizations, volunteers and all sponsors for any injuries that may be suffered by me in this event even though that liability may arise out of negligence on the part of the persons named in this waiver. I further give rights of reproduction for publicity use of all photos taken of me at this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

(Must be signed by guardian if under 18)

Date