



# Morris Knolls Baseball Diamond Club

3<sup>rd</sup> Annual

# MK5K

Saturday, April 21<sup>st</sup>, 2007 – 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)**

**AWARDS:**

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

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:

Email Rich Luttenberger ([Lutt22@yahoo.com](mailto:Lutt22@yahoo.com))  
Visit our website at [www.mhrd.k12.nj.us/mk/mk5k/](http://www.mhrd.k12.nj.us/mk/mk5k/)

- 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 14<sup>th</sup>)
- USATF-NJ member ----- \$13.00
- Morris Knolls staff, student and alumni ----- \$13.00
- Non-USATF-NJ member ----- \$15.00
- All post-registrants (after April 14<sup>th</sup>) ----- \$20.00

*Proceeds to benefit the Diamond Club scholarship program and the Morris Knolls baseball team. A portion of the race proceeds will also be donated to specific needs within the Morris Knolls student body*

**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: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day: \_\_\_\_\_ USATF-NJ #: \_\_\_\_\_ Sex: M / F

Name: \_\_\_\_\_ Email: \_\_\_\_\_

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