



County College of Morris 40th Anniversary Celebration 5K Walk/Run

April 26, 2009

LOCATION

Start and Finish at the Health and Physical Education Building. Park in Lots 7 or 8.

SCHEDULE (Rain or Shine!)

8:30 a.m. Registration
10:00 a.m. 5K Run/Walk
11:15 a.m. Awards Ceremony

REGISTRATION

Mail to CCM 5K, 214 Center Grove Rd, Randolph, NJ 07869

ENTRY FEES (PROCEEDS BENEFIT CCM SCHOLARSHIPS)

\$15 by April 18, 2009
\$13 (2009 USATF) by April 18, 2009
\$20 after April 18, 2009, and on Race Day

COURSE

Certified Course. Rolling hills on scenic campus roads; one water stop and mile clocks.
Results by: www.CompuScore.com

AWARDS

Trophies: Top three overall for male and female
Medals: Top three male and female in each age group (5-year increments)
Recognition for Top Team; Alumnus; CCM Faculty/Staff; and CCM Student

T-shirts to first 300 5K registrants!!!

INFORMATION/DIRECTIONS TO CAMPUS

www.ccm.edu 973-328-5000

ENTRY FORM

LAST NAME: _____ FIRST NAME: _____
ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
TELEPHONE: _____ EMAIL: _____ SEX: M F DOB : _____ AGE ON RACE DAY: _____
TEAM NAME (If applicable) _____
T SHIRT: S M L XL
From CCM: Alumnus _____ Faculty/Staff _____ Current Student _____ USATF NJ # _____

SIGNATURE: _____
(Parent or guardian must sign if under 18.)

5K Entry Fees: \$15 by April 18, 2009; \$13 for USATF members - \$20 after April 18, 2009, and on race day.

**MAIL WITH CHECK to
County College of Morris 5K, 214 Center Grove Road, Randolph, NJ 07869**

Waiver Release: In consideration of acceptance of this entry, I the undersigned intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against, the race director and officials, the County College of Morris, the County of Morris, the Town of Randolph, their representatives, any and all race sponsors and supporters, volunteers, their agents, successors and assigns, for any and all injuries suffered by me in said event. I assume all risks with entering this event, including but not limited to falls, contact with other participants, effects of weather, including high heat and humidity, extreme cold or wind, traffic and the condition of the road. All such risks being known and appreciated by me. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all the foregoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purposes without compensation or remuneration. I know that bicycles, in-line skates and skateboards are not allowed on the course.

