

REGISTER NOW

Pre-Registration Fees:

Must be Post Marked 5 days prior to the 1st race.

- \$5 per race for 17 & under, MCS members, and USATF members
- \$8 per race for Non Members
- \$19 by 6/25 for all four races 17 & under, MCS members, and USATF members
- \$30 by 6/25 for all four races Non Members

Race Day Fees:

- \$8 per race for 17 & under, MCS members, and USATF members
- \$10 per race for Non Members

Make Checks payable and mail to:

Morris County Striders
7 Heritage Court
Towaco, NJ 07082

AWARDS

Top 3 Male & Female Overall winners

Youth Division:

10 & under, 11/12, 13/14, 15/16, 17-19.

Open Division: 20 to 34, 35 to 39 and

All Masters (40 & over) five-year age groups.

TIMING & SCORING

by Compuscore:

Awards for each race and entire series. Must compete in 3 of 4 races for series awards.



Morris County Striders
7 Heritage Court
Towaco NJ 07082

MORRIS COUNTY STRIDERS

2009 Summer Series
5k Cross Country Races

June 30 - July 28 - August 11
Tuesday Evenings at 7pm

July 13 – Monday Evening at 7pm

Rain or Shine

Johanson Field, 353 Powerville Road,
Boonton Twp.

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

Each race is a sanctioned
USATF 500 point
Cross-Country Event

Race hotline: 973-263-5529

www.morriscountystriders.com

2009 MCS Summer Series

June 30 – July 28 – August 11
Tuesday Nights 7pm
July 13 - Monday Night 7pm

Rain or Shine
Check-in: 6:00 – 6:50pm

Check-in / Staging Area is at the Johanson Field, 353 Powerville Road, Boonton Twp.

Races begins promptly at 7:00pm

The races are on a cross-country course around the ball fields at Johanson Field. 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.

Absolutely no baby strollers, dogs, or headphones allowed in the race.

Pizza and cold beverages after the race. No alcohol is allowed in the park.

DIRECTIONS

See www.morriscountystriders.com for link to personalized directions from your home or office.

This is a sanctioned USATF 500 point Cross-Country Event.



2009 MCS SUMMER SERIES REGISTRATION FORM

Name: _____
Last First

Address: _____
Street Town State Zip

Sex: M _____ F _____ Date of Birth: ____/____/____ Age: _____
MM DD YY

2009 USATF-NJ #: _____ Daytime phone: (____) ____ - ____
Area Number

Email Address: _____

Race entry for: June 30 _____ July 13 _____ July 28 _____ Aug 11 _____

| Pre-Registration (by June 25): | Age 17&under, MCS, USATF | Age 18+ |
|---|-----------------------------|---------|
| <input type="checkbox"/> 5K Single Race | \$5.00 | \$8.00 |
| <input type="checkbox"/> 5K Series (4 races) | \$19.00 | \$30.00 |
| Post-Registration & Race Day: | | |
| <input type="checkbox"/> 5K Single Race | \$8.00 | \$10.00 |
| Total Amount Enclosed: \$ _____ Make checks payable and mail to: Morris County Striders, 7 Heritage Court, Towaco NJ 07082 | | |

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, USAFT-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 and reproduction for publicity use of all photos taken of me at this event.

Signed: _____ Date: _____
(Must be signed by guardian if under 18)