

Sat. March 14th, 2009

Benefiting the Morristown High School Track & Field Team and the Police Unity Bike Tour

Kid's Mile - 9:30 am

5k - 10am

•5k Course: FAST! USATF certified 5k that starts and finishes at Ginty Field in Morris Township

•Dry-wicking T-shirts to first 1200 5k registrants!!!



•Walkers welcome

•500 Point USATF NJ Race



•Great post-race refreshments

•Prizes to top finishers overall and in 10 year age groups

•Packet pickup is at the Morristown Running Company, 31 South St. from

•FREE stretching and massage courtesy of X-Train Fitness

•Random drawing for great merchandise prizes and gift certificates

•Race day pickup/ registration will be at Ginty Field from 8:00-9:30



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 Town of Morristown, 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. **Online Registration www.RaceForum.com/StPat**

MAIL WITH CHECK to The Morristown Running Company, 31 South St. Morristown, NJ 07960 (make check payable to The Running Company)

LAST NAME: _____ FIRST NAME _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ SEX: M F

DOB _____ AGE ON RACE DAY: _____ TELEPHONE: _____

EMAIL: _____

T SHIRT: S M L XL USATF NJ # _____ 5k ___ Kids Mile ___

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

Kids Mile Entry Fee: \$10 by Mar 5th, 2009 - \$12 after March 5th and on race day.

Rain or Shine!

5k Entry Fees: \$20 by Mar 5th, 2009 - \$25 After March 5th and on race day.

Note: If you miss the March 5th deadline you can still register for \$20 at the Morristown Running Company from March 5th-13th.

*USATFNJ Members receive a \$2 discount prior to March 5th!



For more information call the Morristown Running Company at (973) 401-1300

