



# Morristown St. Patty's Day 5k



**Saturday March 13<sup>th</sup>, 2010**

**Ginty Field, Morris Twp.**

**10:00am 5k**

**10:45am Kids' Mile**

**Register on-line at**

**[www.therunningcompany.net](http://www.therunningcompany.net)**



**Wicking T's to first 1,500 registrants!**

*Random drawing for great merchandise prizes and gift certificates.*

*Course: USATF certified 5k that starts and finishes at Ginty Field. Mostly flat, with one hill in the middle.*

*Prizes to top overall finishers and first three in each 10 year age group.*

*500 Point USATF NJ Race.*

*Great post-race refreshments!*

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, Morris Twp., 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.

**MAIL WITH CHECK to The Morrystown Running Company, 31 South St. Morrystown, 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 #** \_\_\_\_\_ **RACE:** 5k Kids mile

**SIGNATURE:** \_\_\_\_\_ (parent or guardian must sign if under 18)

**5k Entry Fees:** \$20 By March 4th, 2010 - \$30 After March 4th and on race day.

**Kids Mile Fees:** \$12 By March 4th, 2010 - \$15 After March 4th and on race day.

Rain or shine!

**\*\* Please consider adding \$5 to your entry fee. It will be donated to Family Services of Morris County\*\***

**Note:** If you miss the March 4th deadline you can still register for \$20 at the Morrystown Running Company from March 5<sup>th</sup>-12<sup>th</sup>.

Sorry, no refunds or substitutions!

**\*USATF NJ Members receive a \$2 discount!**