

The MSF gratefully
acknowledges the
support of



What's
Yourk?

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Permit # 23
Mahwah, NJ 07430

MAHWAH 2K10
10k race. 5k run. 2k walk.
Benefit the Mahwah Schools

P.O. Box 210
Mahwah, NJ 07430
www.themsf.org

What's
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MAHWAH 2k10
10k race. 5k run. 2k walk.
Benefit the Mahwah Schools

Sunday / October 3 / 2k10



Organized by the
Mahwah Schools Foundation
to benefit the
Mahwah Public Schools



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- **ChampionChip**
Timing System by Compuscore
(\$10 FEE FOR UNRETURNED CHIPS)
 - **T-Shirts**
for all runners (race day only)
 - **Cash Prizes**
for top three overall finishers, each race M/F
1st\$150
2nd.....\$100
3rd.....\$ 75
\$50 Bonus to oldest and youngest finisher,
each race M/F
\$100 bonus for a new race record M/F
- | | | | |
|-----|---------------|-------|------|
| 10k | Solomon Too | 32:27 | 2009 |
| | Sheila Casey | 39:02 | 2008 |
| 5k | Joel Limo | 15:54 | 2006 |
| | Lilian Kroner | 18:00 | 2009 |

- **Medals**
to the top three male and female runners
in each race in all age categories
Participation ribbons to all participants
13 and under
Top Winners do not receive Age Category
Awards

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CHECK IN & RACE DAY REGISTRATION

Follow signs to large open pavilion in rear of Park.

- 7:00 a.m.** Check in for 10k
 - 8:30 a.m.** 10k begins
 - 8:30 a.m.** Check in for 5k
 - 10:15 a.m.** 5k begins
 - 10:30 a.m.** Check in for Fun Walk and Kid Run
 - 10:30 a.m.** Family Fun Day activities kick off, including FREE food, rides, and games for all!
 - 11:15 a.m.** 2k Walk and Walk in the Park begin
 - 12:00 p.m.** Kid Run Races Begin
- Awards ceremonies to take place after completion of the 10k Race and 5k Run

THE ROUTES

All races begin and end in Darlington County Park, one of Bergen County's most beautiful parks.

10k Race: From Darlington Park to Ridge Road, left on West Ramapo Rd., left on Ramapo Valley Road (Rt. 202), go past Ramapo College, left on Darlington Ave., back into Darlington Park.

5k Race: From Darlington Park to Ridge Road, left on MacArthur Blvd., left on Darlington Ave., and back into Darlington Park.

2k Fun Walk and Walk in the Park: Walks will be through beautiful Darlington Park.

NO DOGS ALLOWED

DIRECTIONS to Darlington County Park

Take Route 17 North or South to MacArthur Blvd. Follow MacArthur to its end and make a left onto Darlington Ave. Pass the Mahwah Swim Club; the Darlington Park entrance will be next on your right.

ANY QUESTIONS?

Janet Puzo at janetpuzo1@msn.com
or Juliann D'Elena at haybrenn@msn.com
or visit us at www.themsf.org



10k RACE • 5k RUN • 2k WALK • WALK IN THE PARK • FAMILY FUN DAY REGISTRATION

- 10k RACE FEES** \$25.00 on or before 9/29 • \$27.00 after 9/29
- 5k RACE FEES** \$21.00 on or before 9/29 • \$23.00 after 9/29
- BOTH RACES** \$35.00 on or before 9/29 • \$40.00 after 9/29
- FAMILY WALK FEES** \$10.00/person up to max. \$30 Children 5 & under FREE
- WALK IN THE PARK FEES** \$5.00/senior citizen

\$2.00 DISCOUNT For Members of the NJ Road Runners Club or USATF-NJ Members



See Website for More Details

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Telephone (_____) _____ Age _____ D.O.B. ____/____/____

e-mail address: _____ 2010 USATF-NJ # _____
(for future events)

Emergency Contact _____ Telephone (_____) _____

Please check the appropriate box(es)

- 10k Walk in the Park
- 5k Other
- Both Races sponsorship opportunities
- Fun Walk
- Family Partner

10k & 5k Races Only

- AGE CATEGORY (check one)**
- 14 & under 35-39 60-64
 - 15-19 40-44 65-69
 - 20-24 45-49 70-74
 - 25-29 50-54 75-79
 - 30-34 55-59 80+

- I am registering as part of the Family Challenge
- I am registering as part of the Team Challenge (provide team name)

GENDER (please circle one) Female Male

Total Enclosed: \$ _____

Make A Donation Only:

- I cannot attend but would like to make a donation to the MAHWAH SCHOOLS FOUNDATION. My check is enclosed.

• TO REGISTER BY MAIL:

- Visa MasterCard

Card # _____ Exp.Date _____

Signature _____

- Check Please make checks payable to "Mahwah Schools Foundation" and mail to: MSF c/o J. Ullman 1 Oweno Place, Mahwah NJ 07430



• TO REGISTER ON LINE GO TO: www.active.com or www.themsf.org

In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators, waive any claim that I may have against the sponsors, race committee or their representatives, successors or assignees, Mahwah Schools Foundation, Mahwah Recreation Association, Mahwah Police Department, Mahwah Ambulance Corps and the Township of Mahwah or their representatives, successors or assigns for any injuries that may be suffered by me in this event. I certify that I am in good physical condition for this event.

By participating in the 10k/5k/2k and 1k events I, my executors and administrators or assigns do hereby release and discharge the MSF, its officers, agents, and employees from any liability arising from the use of the participant's photograph(s) and I expressly agree to allow MSF to use my photograph(s) in connection with any advertisement of this event or any legitimate purpose in all medias without limitation including electronic publishing, or any future events of the MSF without payment of any compensation or remuneration.

Participant Signature (Parent or Guardian is under 18) _____ Date _____



BOTH RACES



Family Challenge Registration Form

be active • be healthy • have fun

Register your family for the 2010 Family Fun Walk and you'll have a chance to win \$1,000 for your school's HSO/HSA!

All registered families receive admission to the Family Fun Walk and an exciting day with lots of fun activities and food for the entire family. Remember, all the activities are FREE with your paid admission!

Family Walk Registration Information

Fees: \$10 per person, max per family \$30. Children under 5 FREE

Participating Family Members:

NAME Including parents and non-school age siblings	SCHOOL Parents/non-school age siblings leave blank

School Challenge: Every student that participates will earn credit towards his/her school. The school that has the highest percentage of participating students will receive \$1,000 for their HSO/HSA!

Become a Family Partner!

By donating \$100 your family will be acknowledged as a Family Partner and on race day, you will receive a Thank You goodie bag, entry to the Fun Walk and ActiveFest 2010, and a chance to win tickets to Super Bowl XLV!

- YES! I want to be a Family Partner. I'll provide payment information on the registration.

Additional Family Sponsorship Opportunities

By becoming a Family Sponsor, you will receive a Thank You goodie bag, entry to the Fun Walk and ActiveFest 2010, and a chance to win tickets to Super Bowl XLV!

- YES! I want to be a Family Sponsor. I'll check off the level below and provide payment information on the registration.
- \$750 Water Station Sponsor - your family name will be featured at one of the four water stations during the 10k and/or 5k race.
- \$500 Games Sponsor - your family name will be featured on the game sponsor board close to the family fun area.
- \$250 Race Board Sponsor - your family name will be featured on 10k/5k race results board where runners check their time.

Please see the MSF website for additional Sponsorship Perks!

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Participant Signature (Parent or Guardian is under 18) _____ Date _____



BOTH RACES



Team Challenge Registration Form

promote teamwork • be healthy

Start a team with your local organization, club, school team, friends, family, neighborhood, business or corporation. We challenge you to recruit as many people as possible to race the 10k or run the 5k. Then stay and enjoy all the after-race fun!

REGISTRATION INFORMATION

- Team Name must be registered by a Team Captain.
- Each individual team member must register.
- You must pre-register before the day of the event to be chip-timed.
- Each team must have a minimum of four. No maximum!

AWARDS

- Highest Number of Team Participants - one award each race.
- Best Total Team Time - one award each race. Top 4 times will be combined to determine the total team time.
- Highest number of Team Participants, both races combined - a \$150 dinner voucher

TEAM INFORMATION

Team Name: _____

Team Captain's Name: _____

Team Captain's Phone: _____

Email: _____

Street Address: _____

City: _____ State: _____ Zip: _____