

# New Milford Fire Dept. Co #1



## 2nd Annual 5K Run, 1 Mile Family Walk, & 1/2 Mile Kids Dash Saturday June 18, 2011

**Madison Spine & Physical Therapy**

Personalized Care with Exceptional Results

<b>Location:</b>	NMFD Co. 1 Headquarters, 249 Center Street, New Milford, NJ 07646 Course Map Available on: <a href="http://newmilfordfire.org">newmilfordfire.org</a> & <a href="http://facebook.com/newmilfordrunevent">facebook.com/newmilfordrunevent</a>
<b>Schedule of Events:</b>	Race Day Registration: 7:00am – 8:15am Kids 1/2 Mile Dash 8:30am 5K Run 9:00am Awards 9:45am 1 Mile Family Walk Immediately Following Awards Raffle Prizes Every Half Hour from 8:00am—11:00am
<b>Registration:</b>	By Mail: NMFD Co. 1 ~ 5K Run, 249 Center St., New Milford, NJ 07646 Online at: <a href="http://www.active.com">www.active.com</a> & <a href="http://www.compucore.com">www.compucore.com</a> 1st In Person Reg. & Packet Pick-Up: Wednesday June, 15th, 7-9pm @ NMFD Co. 1 2nd In Person Reg. & Packet Pick-Up: Thursday June, 16th, 5-8pm @ RoadRunner Sports, 65 Route 4 West, Paramus, NJ 07652
<b>Entry Fees:</b>	<b>5K Run:</b> \$20.00 (pre-register by 6/9/11) \$25.00 (6/10 thru Race Day) \$18.00 (USATF-NJ Member thru 6/15/11) <b>1 Mile Walk:</b> \$12.00 (pre-register by 6/9/11) \$15.00 (6/10 thru Race Day) <b>*Family Registration:</b> 3-5 person limit \$50.00 (pre-reg. by 6/9/11) \$75.00 (6/10 thru Race Day) <b>Kids 1/2 Mile Dash:</b> FREE (12&U) Sign-up In Person & Race Morning 7:00am - 8:00am
<b>Course:</b>	USA Track & Field Certified, Chip Timing, Water Stations (2) Flat Scenic Route Through Tree Lined Residential Area 1 Mile Family Walk (Stroller Friendly)
<b>Awards:</b>	Top M&F & 1st, 2nd, 3rd M&F ~ 5 Year Age Groups Trophy for Top Overall Firefighter/ Police /EMT /Military Kids Dash Ribbons for All Children Kids Dash Awards, Event will be Timed, Overall Winner in 2 Year Age Groups
<b>Amenities:</b>	Pre & Post Race Activities Race Morning Raffle Prize Drawings and Entertainment T-Shirts for all Pre-Registered Run/Walk Participants Refreshments Pre and Post Race!!!! <b>FUN FOR THE ENTIRE FAMILY!!!!!!!!!!!!</b>



**Health experts & activities will be on hand at the firehouse pre & post race. Join us race morning for some healthy family fun!!!!**

**EVENT INFO:**  
[www.newmilfordfire.org](http://www.newmilfordfire.org)  
&  
[www.facebook/newmilfordrunevent.com](http://www.facebook/newmilfordrunevent.com)  
**OR CONTACT:**  
[nmfd5k@yahoo.com](mailto:nmfd5k@yahoo.com)

**Proceeds benefit the New Milford Fire Dept. Co. #1 Make checks payable to: NMFD Co. 1 ~ 5k Run (Rain or Shine Event— No Refunds) Mail to: NMFD 5K Run, 249 Center St. New Milford, NJ 07646**

\*\*\*\*\*Each Family Participant Must Complete and Sign a Separate Registration Form\*\*\*\*\*

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Sex : \_\_\_\_\_ 5K \_\_\_\_\_ 1Mile \_\_\_\_\_ Family Name: \_\_\_\_\_  
 Shirt Size (shirts guaranteed for pre-registered; all others while supplies last): S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL(+\$2) \_\_\_\_\_  
 Police \_\_\_\_\_ Fire \_\_\_\_\_ EMS \_\_\_\_\_ Military \_\_\_\_\_ City: \_\_\_\_\_ USATF-NJ Member # \_\_\_\_\_

**FD USE ONLY:** BIB # \_\_\_\_\_ CASH/CHECK# \_\_\_\_\_ AMOUNT \_\_\_\_\_

RELEASE: I know that running a road race is a potentially hazardous activity and I should not run unless I am medically able and trained to run. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the race event including, but not limited to: falls, contact with other runners, the effects of the weather, including high heat/humidity, traffic and the conditions of the road, all such risks being known and acknowledged by me. Having read this waiver and knowing these facts and in consideration of your accepting my race application I, for myself and anyone entitled to act on my behalf waiver and release the organizers of the NMFD 5K Run, 1 Mile Walk, and Kids 1/2 Mile Dash from any liability. Furthermore, I grant the NMFD permission to use photographs of this event for promotional use.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_