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**MAHWAH 2k11**  
10krace · 5krun

P.O. Box 210  
Mahwah, NJ 07430  
[www.themsf.org](http://www.themsf.org)

What's  
**YourK?**

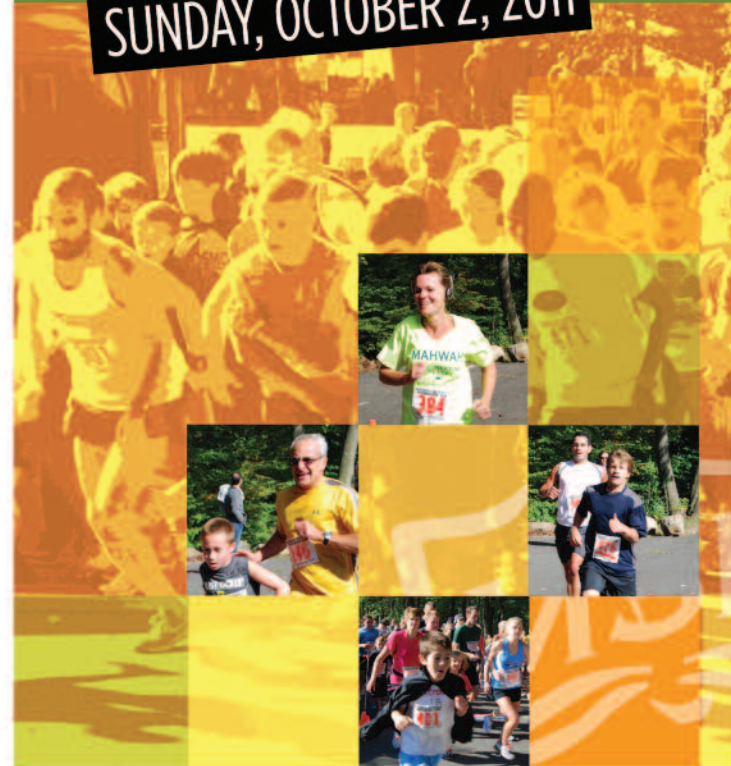


Organized by the  
Mahwah Schools Foundation  
to benefit the  
Mahwah Public Schools

**MAHWAH 2k11**  
10krace · 5krun  
Benefit the Mahwah Schools

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SUNDAY, OCTOBER 2, 2011



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**ChampionChip**

Timing System by Compuscore

**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
	Catherine Smith	37.22	2010
5k	Youssef Rochdi	15.43	2010
	Lilian Kroner	18:00	2009

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

**Participation Ribbons** to all participants 13 and under



# MAHWAH 2k11

10krace · 5krun  
Benefit the Mahwah Schools

## SUNDAY, OCTOBER 2, 2011

### 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
- 10:00 a.m.** Trails to Wellness Tent opens
- 10:15 a.m.** 5k begins  
Family Fun Day activities kick off including FREE food, rides, & games for all
- 10:30 a.m.** Check in for Kid Run
- 11:30 p.m.** Kid Run Warm-up begins
- 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.

**Kid Run:** Inside of Darlington Park in the Pavilion area

**NO DOGS ALLOWED**



10:00 a.m. - 2:00 p.m.

### 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?

Janine Priolo vjpriolo@optonline.net  
Christine Ervin pengwin715@aol.com  
or visit us at [www.themsf.org](http://www.themsf.org)



## RACE REGISTRATION

**10k RACE FEES** \$25.00 on or before 9/29 • \$30.00 after 9/29  
**5k RACE FEES** \$21.00 on or before 9/29 • \$25.00 after 9/29  
**BOTH RACES** \$35.00 on or before 9/29 • \$40.00 after 9/29  
**KID RUN** \$10.00

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



[www.themsf.org](http://www.themsf.org)

Participant's Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone ( \_\_\_\_\_ ) \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 e-mail address: \_\_\_\_\_ 2011 USATF-NJ # \_\_\_\_\_  
 (for future events)  
 Emergency Contact \_\_\_\_\_ Telephone ( \_\_\_\_\_ ) \_\_\_\_\_

#### Please check the appropriate box(es)

- 10k
- 5k
- Both Races
- Kid Run

#### 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+

**Total Enclosed:** \$ \_\_\_\_\_

I am registering as part of the School Challenge (provide school name) \_\_\_\_\_

I am registering as part of the Team Challenge (provide team name) \_\_\_\_\_

**GENDER (please circle one)** Female Male

#### 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

online registration powered by **active.com**

• TO REGISTER ON LINE GO TO: [www.active.com](http://www.active.com) or [www.themsf.org](http://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 and Kid Run 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 if under 18) \_\_\_\_\_ Date \_\_\_\_\_



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### KID RUN REGISTRATION GRADES K - 5

**\$10.00 Entry Fee per runner.**

Event is Rain or Shine. Entry Fees are non-refundable.

Runner's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Circle one: JK GW LM BR Grade \_\_\_\_\_

Runner's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Circle one: JK GW LM BR Grade \_\_\_\_\_

Runner's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Circle one: JK GW LM BR Grade \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**SCHOOL CHALLENGE:** Every student who participates will earn credit towards his/her school. The school with the highest percentage of participating students will receive \$1000.00 for its HSO/HSA.

**WAIVER:** I know running a road race is a potentially hazardous activity for my child. I should not enter my child or let him/her run unless he/she is medically able and properly trained. I agree to abide by any decision of a race official relative to my child's ability to safely complete the run. I assume all risks associated with my child running this event, including, but not limited to tripping and falling, contact with other participants, the effects of weather and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of acceptance of my child's entry, I, for my child and anyone entitled to act on my child's behalf, waive and release The Mahwah Schools Foundation, all sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my child's participation in this event. I grant permission to the MSF to use any photographs of my child from this event for any legitimate purpose in all medias including electronic publishing without payment or remuneration. I also understand that my child's entry fee is non-refundable. As the parent of my child, who is under 18 years of age, I certify that my child has permission to participate in this event.

Parent or Guardian \_\_\_\_\_

Registration for Kid Run is also available online

### 10K/5K TEAM CHALLENGE REGISTRATION FORM

#### REGISTRATION INFORMATION

- Team Name must be registered by a Team Captain.
- Each individual team member must register.
- You must pre-register before the event day to be chip-timed.
- Each team must have a minimum of 4. No maximum!

#### AWARDS

- Highest number of team participants - 1 award each race.
- Best Total Team Time - 1 award each race. Top 4 times will be combined to determine the total team time.
- Highest number of team participants, both races combined - a celebratory dinner at Mahwah Bar and Grill (a \$250 value).

#### TEAM INFORMATION

Team Name: \_\_\_\_\_

Team Captain's Name: \_\_\_\_\_

Team Captain's Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**GOODY BAGS FOR RUNNERS WHILE SUPPLIES LAST**



**BOTH RACES**