REGISTER NOW

Pre-Registration Fees:
Must be Post Marked 5 days prior to the 1st race.

- $6/race: under 18, MCS & USATF-NJ members
- $10/race 18+ and Non-Members
- $20 by 6/27 for all four races for under 18, MCS & USATF-NJ members
- $35 by 6/27 for all four races Non Members

Race Day Fees:

- $10/race under 18, MCS & USATF-NJ members
- $13/race 18+ and Non-Members

Make Checks payable and mail to:

Morris County Striders
7 Heritage Court
Towaco, NJ 07082

AWARDS

Top 3 Male & Female Overall winners
Youth Division:
10 & under, 11/12, 13/14, 15/16, 17-19.
Open Division: 20 to 34, 35 to 39 and
All Masters (40 & over) five-year age groups.

TIMING & SCORING

by CompuScore
www.compuscore.com

Awards for each race and entire series.
Must compete in 3 of 4 races for series awards.

Morris County Striders
7 Heritage Court
Towaco, NJ 07082

2013 Morris County Striders Summer Series 5k Cross Country Races

July 2 - July 16 - July 30 - August 6

Tuesday Evenings at 7pm
Rain or Shine

Johanson Field, 353 Powerville Road,
Boonton Township, NJ

*Hosted by the **Morris County Striders** in cooperation with the Boonton Township Recreation Department*

Each Race is
USATF sanctioned
& A USATF-NJ 500 point
Cross Country Series Event

Race hotline: 973-263-5529

www.morriscountystriders.com

2013 MCS Summer Series

July 2 – July 16– July 30 – August 6
Tuesday Nights 7pm
Rain or Shine
Check-in: 6:00 - 6:50pm

Check-in / Staging Area is at the Johanson Field, 353 Powerville Road, Boonton Twp.

Race begins promptly at 7:00pm

This is a cross-country race on the grass around the ball fields at Johanson Field. This no-frills (no T-shirts) race series is designed to add fun to summer running and to prepare youth for fall cross-country competitions.

Absolutely no baby strollers, dogs, or headphones allowed in the race.

Pizza and cold beverages provided after the race.

No alcohol is allowed in the park.

DIRECTIONS

See **www.morriscountystriders.com** for a link to personalized directions from your home or office.

Each race is a USATF-NJ sanctioned 500 point Cross-Country Series Event.

2013 MCS SUMMER SERIES REGISTRATION FORM

Name: _____
Last First

Address: _____
Street Town State Zip

Gender: M_____ **F**_____ **Date of Birth:** ____/____/____ **Age:** _____
MM DD YY

2013 USATF-NJ #: _____ **Daytime phone: (**____**)** _____**-**_____
Area Number

Email Address: _____

Race entry for: July 2_____ **July 16**_____ **July 30** _____ **Aug 6** _____

Pre-Registration (by June 27th):	**Age 17 & Under, MCS, USATF-NJ**	**Age 18+**
☐ 5k Single Race	$6	$10
☐ 5k Series (4 Races)	$20	$35
Post-Registration & Race Day:		
☐ 5k Single Race	$10	$13

Total Amount Enclosed: $_____

I, the undersigned, know that cross-country running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official. I assume all risks associated with running including but not limited to falls, effects of heat and humidity, conditions of the course. I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages against the Morris County Striders, USATF, USATF-NJ, Boonton Township, Boonton Township Recreation Department, the representatives, successors of assigns of these organizations volunteers and all sponsors for any injuries that may be suffered by me in this event even though that liability may arise out of negligence on the part of the persons named in this waiver. I further give rights and reproduction for publicity use of all photos taken of me at this event.

Signed: _____ **Date:** _____
(Must be signed by parent/guardian if under 18)