



Join us for our 9th Annual
New Milford Run/Walk
Saturday, June 16, 2018

Bergen Co's Finest 5K presented by Bergen Co's Bravest

Visit us for updates: www.NewMilfordRun.com | Facebook: [runnewmilford](https://www.facebook.com/runnewmilford) | Instagram: [nmfd5k](https://www.instagram.com/nmfd5k)

Location: NMFD Co. #1 Headquarters
249 Center Street, New Milford, NJ 07646

Venues: Mile Run Road Race at 8am
5K Run and Fun Walk at 9am
Kids 1/2 Mile Race at 10:15 am
Great raffle prizes throughout the day Pre-race
food and warm-up with trainer. Post-race BBQ
w/beer garden & live band. Kids fun with jumbo
slide and face painting.

Course: Flat & fast scenic route thru tree-lined neighborhoods
USATF certified, chip timing, mile clocks.
Water stations every mile, cheer zones and water hoses.

Awards: Cash prizes for 1st, 2nd and 3rd place male and female (5k &
Mile). Awards for AG 1st, 2nd and 3rd place (5k) 5yr-9 thru
85+ & (1mi) 10yr -9 thru 80+. Award for Top
Firefighter/Police/EMT/Military/Family/Team/NM Resident

Register: Online: www.newmilfordrun.com
Race day: 7:00 am to 8:30 am.

By mail: NMFD Co.1 – 5K, 249 Center Street, New Milford, NJ 07646
Make check payable to: NMFD Co.1 – **5K proceeds benefit NMFD#1**
Rain or shine event. No refunds



5K run: \$25.00 (before 6/6)
\$30.00 (after 6/6)
\$22.00 USATF-NJ members thru 6/11

Mile run: \$20.00 (before 6/6)
\$25.00 (after 6/6)
\$17.00 USATF-NJ members thru 6/11

5K & 1 Mile Combo \$35.00 (before 6/6)
***1Shirt**

Fun Walk: \$18.00 (before 6/6)
\$20.00 (after 6/6)

Kids' race: FREE. Sign upon race day
Swag bags while supply last

Family: \$75.00 (before 6/12)
2 adults and up to 3 minor children
No race day sign up

Team: \$80.00 (before 6/12)
4 team members
No race day sign up

Each family & team participant must complete and sign a separate registration and waiver

First Name: _____ Last Name: _____ Age: _____ Male Female

Email: _____ Phone: _____ **Circle One:** 5K Mile Fun Walk Team Family

Street Address: _____ Team Name: _____

City: _____ State: _____ ZIP: _____

Shirt Size: S M L XL XXL (+\$2)

(Guaranteed pre-registration; other while supply last)

Police Fire EMS Military Branch City: _____

2018 USATF-NJ Member # _____

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 a 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 waive and release the organizers of the NMFD 5K Run/Walk, and all kids races from any liability. Furthermore, I grant the NMFD Co.1 permission to use photographs of this event for promotional use.

Sign: _____ Date: _____

FD Use Only

Bib #: _____

Check #: _____ Cash

Amount: _____