

NewMilfordFireDept.-Co#1

8th Annual 5K Run/Walk & 1 Mile Road Race Family Walk & Kids Races Saturday, June 17th, 2017

USATF-NJ MASTERS WOMEN STATE CHAMPIONSHIP 5K *Bergen Co's Finest 5k, presented by Bergen Co's Bravest*

LOCATION: NMFD Co. 1 Headquarters: 249 Center Street, New Milford, NJ 07646
SCHEDULE: *7:00am Race Day Registration & Pre-Reg. Check-In *(1mi 7:00-7:30am : 5k 7:00-8:30am)
8:00am 1 Mile Road Race
9:00am 5K Run / Walk & Family Walk
10:15am Kids 1/2 Mile Race & Tots Dash

*Check website for detailed information of morning events

REGISTRATION: By Mail: NMFD Co. 1 ~ 5K Run, 249 Center St., New Milford, NJ 07646
On-Line: www.newmilfordrun.com

PRE-RACE PICKUP: Visit Website for Details, Dates & Locations to Follow

ENTRY FEES: **5K RUN / WALK:** \$25.00 (Pre-Reg by 6/7) \$30.00 (6/8 thru Race Day)
\$22.00 (USATF-NJ Member thru 6/12)

5K TEAM: 4 Person *\$80.00 (Thru 6/15 ONLY) NO RACE DAY SIGN UP

FAMILY: *\$75.00 (Thru 6/15 ONLY) NO RACE DAY SIGN UP

\$5.00 Discount
Reg. 5K & 1M
Combo

2 Parents & up to 3 Minor Children, 1 EVENT PER ENTRANT (5K, 1M, or Walk)
Fastest 3 runners in 5K scored as a family team. *No additional USATF Discount

1 MILE ROAD RACE: \$20.00 (Pre-Reg by 6/7) \$25.00 (6/8 thru Race Day)
\$17.00 (USATF-NJ Member thru 6/12)

FAMILY WALK: \$18.00 (Pre-Reg by 6/7) \$20.00 (6/8 thru Race Day) *Not Timed

KIDS 1/2 MILE RACE: Ages 7-12 FREE with parent reg. or \$5.00 w/o

TOTS DASH: Ages 6 & Under FREE Swag Bags while supplies last

5K COURSE: Grand Prix 700 Points, USATF Certified, Chip Timed, Mile Clocks (3)
Start & Finish Mats, Aid Stations (3), Flat & Fast Route Tree Lined Residential Area

5K AWARDS: (\$ 1st, 2nd, & 3rd overall M&F, Age Groups M&F 1st, 2nd, 3rd, 5yr. -9 to 85+

SPEC. AWARDS: Firefighter Police EMT Military Team & Family Team New Milford Resident 18+

1M COURSE: Grand Prix 500 Points, USATF Certified, Chip Timed, Quarter Mile Clocks

1M AWARDS: (\$ 1st, 2nd, & 3rd overall M&F, Age Groups, M&F 1st, 2nd, 3rd, 10yr. -9 to 80+

Pre & Post Race Food & BBQ, Beer & Wine Garden, Vendor Tents, Live Band & DJ
T-Shirt Toss, Kids Entertainment, Premium Raffle Prizes, 50/50 & More!!!!

Proceeds Benefit NMFD Co 1 Scholarship Fund & FD Operations: Checks Payable to: NMFD Co. 1 ~ 5K
(Rain or Shine Event—No Refunds) Mail to: NMFD 5K Run, 249 Center St., New Milford, NJ 07646

****Each Member of Team or Family Must Complete & Sign a Separate Registration & Waiver****

Name: _____ Email: _____
Address: _____ City: _____ State: _____ Zip: _____
DOB: _____ Age: _____ Sex : _____ 5K _____ 1M _____ Walk _____ Family or Team Name: _____
Shirts guaranteed thru Pre-Reg ONLY; all others while supplies last : S _____ M _____ L _____ XL _____ XXL (+\$3) _____ XXXL (+\$3) _____
Fire _____ Police _____ EMT _____ Town: _____ Military Branch: _____ *1 Mile Predicted Time _____ : _____
17' USATF-NJ # _____ 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/Walk, and all kids races from any / all liability. Furthermore, I grant the NMFD Co.1 permission to use photographs of this event for promotional use.

Sign: _____ Date: _____

