



10th Annual New Milford Run/Walk
Saturday, June 15, 2019

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

Location:

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

Races:

1 Mile Race 8:00AM
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, yoga and warm-up with trainer. Post-race BBQ w/beer garden & live band. Kids activities.

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#1 5K

5K proceeds benefit the NMFD Co.1

Rain or shine event. No refunds.

5K Run

\$25.00 (by 6/5) \$30.00 (6/6 thru race day)
\$3 Discount for USATF-NJ members thru 6/10

1 Mile Race:

\$20.00 (by 6/5) \$25.00 (6/6 thru race day)
\$3 Discount for USATF-NJ members thru 6/10
5K & 1 Mile Combo - \$40.00 - 1 T-shirt

Fun Walk:

\$18.00 (by 6/5) \$20.00 (6/6 thru race day)

Kids 1/2 Mile Timed Race:

FREE with parent 5K entry or \$5.00 without

Family:

\$75.00 (before 6/11) - 2 adults and up to 3 minor children
No race day sign up

Team:

\$80.00 (before 6/11) - 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: M/F:

Email: Phone: Circle One: 5K Fun Walk Team Family

Street Address: Team Name:

City: State: Zip:

Shirt Size: S M L XL XXL (+\$2) (Guaranteed pre-registration; others while supply last)

Police Fire EMS Military Branch City:

2019 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 waiver 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.

SIGNATURE

FD USE ONLY Bib #:

Check #:

Cash

Amount: \$