

THE NEW MILFORD EDUCATION FOUNDATION PRESENTS...



THE 3RD ANNUAL RUN FOR YOUR LIVES!!
SATURDAY, OCTOBER 24, 2015

Join the NMEF's Premier fundraising event. All proceeds collected by the NMEF Road Runners Club will go towards funding grants that will enhance the education of our children.

- Chip Timed
- Aid Stations stocked with water and sports drinks
- Free Tee Shirts
- Trophies and Medals - Top 3 Overall, Top 3 in each five year age brackets to 85+,
- Cash Prizes
- Raffles, giveaways, food, all part of our after-party.

Timing services provided by
Tristate Timing.

Check-In Time: Desks open at 6:00 AM at B.F. Gibbs cafeteria - 195 Sutton Place, New Milford, NJ 07646

Early Packet Pickup - Thursday, October 22nd at Road Runner Sports, 65 Route 4 West, Paramus NJ 07652

10k Grand Prix Start Time: 8:00 AM

5k Grand Prix Start Time: 9:30 AM

Kids Races Start at 11:00 AM

Note: Our 10k course is fast with long straightaways and some gradual hills. In order to accommodate our community, we are asking 10k runners to attempt to keep at least a 12 minute pace so that we can reopen affected roads. We'd be happy to accommodate anyone who would run at slower pace with an early start. Feel free to contact us at NewMilfordRuns@gmail.com if you need special accommodations or

For more information:
www.facebook.com/NMEF10k

Contact Jim Prendergast at 917-578-6131
Email at NewMilfordRuns@gmail.com



Fees

	BEFORE October 10, 2015	AFTER October 10th, 2015
10K Grand Prix Race	\$35.00	\$40.00
5K Grand Prix Race	\$25.00	\$30.00
10K/5K Double Header	\$49.00	\$49.00
Kids Fun Run	\$15.00	\$15.00
After Party	\$10.00	\$15.00
Discounts		
USA Track & Field NJ Member*	-3.00	-3.00

*USATF Membership Discounts are only available for the 10K & 5K Grand Prix

RELEASE: I know that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effect of the weather, including low or high temperatures/humidity, traffic, the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I myself and anyone entitled to act on my behalf (a parent or adult guardian for all children under 18 years) waive and release RunSignUp.com, the New Milford Education Foundation, it's officers, members, race volunteers, the Borough of New Milford, it's Departments, employees and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. ** No refunds given on day of race. **

Official Entry Form

() 10K Run () 5K Run () Double-Header () Kids Fun Run () After Party

Last Name _____ First Name _____ Phone (____) _____

Street Address _____ City _____ State _____ Zip _____

Date of Birth __/__/__ Age on Race Day _____ Sex: M__ F__ Email _____

T-Shirts: Kids: M__ Adults: S__ M__ L__ XL__

USA Track & Field Member (circle one): yes no 2015 Membership # _____

Signature _____

Checks Payable to: **NMEF** Mail to: NMEF, 145 Madison Ave., New Milford, NJ 07646

Register online: <https://runsignup.com/NMEF10K5K>