



5th Annual - 5K Run/Walk
Sunday, May 22, 2016
 Greenview Park
 27 West Parkway, Pequannock, NJ 07440

2016
Grand Prix

Info:

- * On-site Registration begins – 7:15 am
- * Registration ends – 8:15 am
- * Race Begins – 8:30 am **** Rain or Shine ****

Amenities:

- * Refreshments, Restroom & Music
- * T-shirts guaranteed to first 300 registered (*while supplies last*)
(Shirts and sizes are subject to availability. Entrant must be present on race day to receive a shirt.)

Awards:

- * Top 3 Overall Female & Male Runners
- * 1st 3 Finishers in each age group
- * Age Groups: 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Course:

- * USATF Certified 5K (3.1 miles) & Sanctioned
- * Flat with mile markers, 2 water stops & traffic control

Save time on race day...
 Pick up bib number, chip and t-shirt on Saturday, May 21, 2016 from 3:00 pm - 5:30 pm,
 at the Senior House (located to the left of the Pequannock Twp. Municipal Bldg.)
 Address: 530 Newark Pompton Turnpike, Pompton Plains, NJ 07444

RACE CO-SPONSORS
Miles For Mike
Committee
 &

 TOWNSHIP OF PEQUANNOCK

ONLY Runners, Walkers & Strollers are permitted!
NO ROLLERBLADES NO PETS NO BIKES NO REFUNDS

Questions: call Cathy at 973-868-1412 ~ email at MilesForMike@optonline.net ~ WWW.MILESFORMIKE.COM

2016 MILES FOR MIKE REGISTRATION FORM

Please Print!

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone #: _____ E-mail: _____

Male: Female: Date of Birth: ___/___/___ Age (on Race Day): _____

Shirt Size: Youth Large Adult Small Medium Large X-Large Choose one: Runner Walker

Please make check payable to:

Michael W. Coppola Memorial Fund

Mail to:

**P.O. Box 60,
Pompton Plains, NJ 07444**

FEES:	<u>April 30th</u> (postmarked by)	<u>After April 30th</u> (through race day)
Registration:	\$25.00	\$30.00
USATF-NJ Member:	\$22.00	\$27.00
USATF-NJ Member #:	_____	

Payment Enclosed:

\$ _____

Although I cannot participate in this event, please accept my donation.

Waiver of Liability for Miles For Mike Memorial Run, May 22, 2016:

In participating in the Miles for Mike Memorial 5K Run/Walk, myself, my heirs, executors, administrators, and assigns, do hereby release and discharge the MILES FOR MIKE committee, its officers and agents, volunteers, all sponsoring and cooperating business, organizations, and municipalities, their employees, and agents, from all claims, damages, demands, actions, causes of action or any other claim of whatsoever nature arising out of my participation in the event or while in transit to or from the designated route. I agree to abide by all traffic laws and basic safety rules established by MILES FOR MIKE. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with participating in the event including, but not limited to: falls, contact with other participants, the effect of weather, including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. I also give full permission to MILES FOR MIKE for use of my name, photograph, video or any other record of this event for legitimate purposes. I understand that the event will be held rain or shine and no refunds will be issued. The undersigned, being fully aware of the risks and hazards inherent in practicing and engaging in exercise programs, hereby voluntarily assumes all risks of loss, damage or injury, including death that may be sustained by the undersigned, or to any property of the undersigned. This release shall be binding upon distributors, heirs, next of kin, executors, and administrators of each of the undersigned. In signing the foregoing release, the undersigned hereby acknowledges and represents that he/she has read the foregoing release, understands it and signs it voluntarily.

Signature (required): _____

Date: _____

Parent/Guardian Signature (required if under 18 years of age): _____