

**«MOVE IT MORRIS DAY»**

# MORRIS COUNTY PARK POLICE 5K RUN

**in cooperation with the Morris County Park Commission and Morris Area Wellness Partnership**



**Saturday - May 10, 2008 @ 9:00 am - Loantaka Brook Reservation**

Registration starts at 7:30 am

**Get in the spirit of "Move it Morris Day" and join us on a scenic, flat 5K run on pavement and trails at Loantaka Brook Reservation.**

T-shirts for all pre-registrants and while supplies last for post-registrants. Awards to the top three male and female finishers. Special award to the first law enforcement officer to finish. Post race refreshments will be available.

Print application at [www.morrisparkpolice.org](http://www.morrisparkpolice.org) or register in person at:

Morris County Park Police HQ, 300 Mendham Road, Morris Township, NJ 07960 - OR -

Runner's Haven at College Plaza Mall, Route 10 East, Randolph (between Center Grove Rd. & Millbrook Ave.)

**Pre-Reg - \$15.00 if received by May 3<sup>rd</sup> - after May 3<sup>rd</sup> and day of race - \$ 20.00**

**Proceeds to benefit the Park Alliance and the National Law Enforcement Officers Memorial Fund**

Directions: Rt 287 to exit 35 (South St. / Madison Ave. - Morristown) S/B make right on Madison Ave then left on South St. N/B - Make right on South St. - Take South St. to Loantaka Brook Reservation on left.

-----Morris County Park Police 5K - Official Entry Form-----

Cash or check payable to: **The Park Alliance**

Send to: Morris County Park Police, 300 Mendham Rd. Morristown NJ 07960

Re: 5K Run

Name: \_\_\_\_\_ Sex: (circle one) M F

Address: \_\_\_\_\_ Law Enforcement Officer:  Check if yes (ID required at reg.)

Age on day of run: \_\_\_\_\_ ph. \_\_\_\_\_

e-mail \_\_\_\_\_ T-Shirt size: (circle one) M L XL

Waiver/Release - I agree, warrant and covenant as follows:

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the roads and / or trails. I, for myself and my heirs and executors, hereby waive, release and forever discharge the Morris County Park Commission, Morris County Park Police, event organizers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Guardian signature if under 18 \_\_\_\_\_