

New Milford Fire Dept. Co #1

Sponsored By:



2nd Annual

5K Run, 1 Mile Family Walk, 1/2 Mile Kids Dash Saturday June 18, 2011

Location: NMFD Co. 1 Headquarters, 249 Center Street, New Milford, NJ 07646
Course Map Available on: newmilfordfire.org & facebook.com/newmilfordrunevent

Schedule of Events: Race Day Registration: 7:00am – 8:15am
Kids 1/2 Mile Dash 8:30am
5K Run 9:00am
Awards 9:45am
1 Mile Family Walk Immediately Following Awards
Raffle Prizes Every Half Hour from 8:00am—11:00am



Registration: By Mail: NMFD Co. 1 ~ 5K Run, 249 Center St., New Milford, NJ 07646
Online at: www.active.com & www.compuscore.com
In-Person: Wednesday June, 15th 7-9pm @ NMFD Co. 1

Entry Fees: 5K Run: \$20.00 (pre-register by 6/9/11)
\$25.00 (6/10 thru Race Day)
\$18.00 (USATF-NJ Member thru 6/15/11)
1 Mile Walk: \$12.00 (pre-register by 6/9/11)
\$15.00 (6/10 thru Race Day)
*Family Registration: 3-5 person limit \$50.00 (pre-reg. by 6/9/11)
\$75.00 (6/10 thru Race Day)



Kids 1/2 Mile Dash: FREE (12&U) Sign-up Race Day 7:00am - 8:00am

Course: USA Track & Field Certified, Water Stations (2)
Flat Scenic Route Through Tree Lined Residential Area
1 Mile Family Walk Stroller Friendly

Awards: Top Overall M&F ~ 5 Year Age Groups
Trophy to Top Overall Firefighter/ Police Officer /EMT
Ribbons to all Kids Dash Participants

Amenities: Post Race Gathering with Refreshments
Raffle Prize Drawings and Entertainment



Vendors and activities will be on hand at the firehouse pre & post race. Join us race morning for some healthy family fun!!!!

EVENT INFO:
www.newmilfordfire.org
&
www.facebook/newmilfordrunevent.com
OR CONTACT:
nmfd5k@yahoo.com

Proceeds benefit the New Milford Fire Dept. Co. #1 Make checks payable to: NMFD Co. 1 ~ 5k Run (Rain or Shine Event— No Refunds) Mail to: NMFD 5K Run, 249 Center St. New Milford, NJ 07646

*****Each Family Participant Must Complete and Sign a Separate Registration Form*****

Name: _____ Email: _____
Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ DOB: _____ Age: _____ Sex : _____ 5K _____ 1Mile _____ Team Name: _____
Shirt Size (all pre-registered; while supplies last on race day): S _____ M _____ L _____ XL _____ XXL(+\$\$) _____
Police _____ Fire _____ EMS _____ City: _____ USATF-NJ Member # _____

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, 1 Mile Walk, and Kids 1/2 Mile Dash from any liability. Furthermore, I grant the NMFD permission to use photographs of this event for promotional use.

Sign: _____ Date: _____