



cnj.motherscenter.org/5k

5K or 1 Mile Run/Walk & Kids Fun Run

Saturday, May 4, 2013
Oak Ridge Park
Clark, NJ

9:30 am 5K Start Time*
10:00 am 1 Mile Start Time*
10:30 am Kids Fun Run Start Time

Rain or Shine

REGISTRATION

5K or 1 Mile **\$20** - Adult/Teen postmarked on or before 4/3/13
 \$25 - Adult/Teen postmarked on or before 4/27/13
 \$30 - Adult/Teen Day of Race
 \$10 - Children (12 and under) postmarked by 4/27/13
 \$15 - Children (12 and under) Day of Race

Kids Fun Run **\$7** - Kids Fun Run postmarked on or before 4/27/13
 \$10 - Kids Fun Run Day of Race

Registration fees are non-refundable.

Pre-Register by mail, on-line (compuscorereg.com) or in person on the day of the race. Early registration is encouraged.

***RUN/WALK CHECK-IN, 8:00 a.m. - 9:00 a.m.**

All participants must check in and pick up their number on the day of the race at Oak Ridge Park in Clark, NJ. 5K race begins at 9:30am.

KIDS FUN RUN

The Fun Run is for children ages up to 9yrs. Children 9 and under who are registered for the 5K or 1 Mile Run/Walk can participate in the Fun Run at no extra charge. The Fun Run will begin at approximately 10:30am.

AWARDS

Awards will be given to the registered top finisher in the following 5 categories: (1)Top male Adult/Teen overall, (2)Top female Adult/Teen overall, (3)Top 5K Child, (4)Top Adult pushing a child and (5)Top MCCNJ Member/Alumni.

FUN RUN: Participation award for all registered participants.

T-SHIRTS

T-Shirts will be provided on race day to all participants who pre-register by April 3rd. T-Shirts will be available on Race Day as inventory is available.

REGISTRATION FORM

Each 5K, 1Mile or Fun Run participant must complete and return a separate registration.

Early registration is encouraged. Registration fees are non-refundable.

Saturday, May 4, 2013
9:30 am Start Time (*8am-9am check in)
Oak Ridge Park, Clark, NJ

Runner/Walker Type (Check One) ☐ Adult/Teen (13+) ☐ Adult with child in a Stroller ☐ Child (12 & Under)

I will participate in (check one) ☐ 5K Run/Walk ☐ 1 Mile Run/Walk ☐ Kids Fun Run

T-shirt size (check one) ☐ YOUTH S ☐ YOUTH M ☐ YOUTH L ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ X-LARGE

I am or have been a Member/Alumni of MCCNJ ☐ YES ☐ NO

All Fields Required:

Name: _____ DOB ____/____/____

Address: _____ Sex: _____

City: _____ State: _____ Zip _____

Phone: _____ Email _____

Release and Waiver of Liability: I, the undersigned in consideration of the opportunity to participate and the acceptance of my entry in this event, intending to be legally bound, do hereby, on behalf of myself, my heirs, and legal and personal representatives, release, waive, and forever discharge any and all claims for injuries and damages to my person or property, including any and all claims for such injuries and damages resulting from negligent acts or conduct, and including any and all causes of action relating thereto, which I might have or shall ever have against the Mothers' Center of Central NJ and volunteers, affiliates, representatives, and successors assisting the Mothers' Center of Central New Jersey. I further state that I have sufficiently trained for and that I am in proper physical condition to participate in this event. I further acknowledge that I am aware of and voluntarily assume the risks inherent in participating in this event. I further grant authorization for the free use of my name and/or photographs, videotapes, motion pictures, recordings, or any other record or transcription of my participation in this event, including, but not limited to, advertisements, for publicity, or other media accounts pertaining to this event.

Signature _____

Parent's Signature If under 18 _____

Date _____

Register online at compuscore.com or mail your completed registration form with check made out to The Mothers' Center of Central NJ to:
 MCCNJ-5K, P.O. Box 294, Cranford, NJ 07016
 Postmarked by April 27, 2013