



North Jersey

**2017  
Grand Prix**

THE NEW MILFORD EDUCATION FOUNDATION



**USATF**  
NEW JERSEY

500 Point Event

5<sup>TH</sup> ANNUAL RUN FOR YOUR LIVES!!!

OCTOBER 28<sup>TH</sup>, 2017

The 5th Annual New Milford Ed Foundation  
10K NB Grand Prix Series Race  
5K NB Grand Prix Series Race & Kids Races  
Saturday - October 28th, 2017

*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, pre-race food

Timing services provided by  
**Tristate Timing.**

**Check-In Time: 7:00 AM at B.F. Gibbs cafeteria – 195 Sutton Place, New Milford, NJ 07646**

**Early Packet Pickup – Thursday, October 26th 4-8 PM at Road Runner Sports, 65 Route 4 West, Paramus NJ 07652**

10k Grand Prix Start Time: 9:00 AM

5k Grand Prix Run Start Time: 9:00 AM

Kids Races Start at 10:30 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](mailto:NewMilfordRuns@gmail.com) if you need special accommodations or



## Fees

	BEFORE October 14, 2017	AFTER October 14th, 2017
10K Grand Prix Race	\$25.00	\$30.00
5K Grand Prix Race	\$20.00	\$25.00
Kids Fun Run	\$15.00	\$15.00
<b>Discounts</b>		
2017 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

### Official Entry Form

( ) 10K Run      ( ) 5K Run      ( ) Kids Fun Run

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    2017 Membership # \_\_\_\_\_

Signature \_\_\_\_\_

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

To register online, go to: <https://runsignup.com/NMEF10K5K>