

Race Information

EARLY REGISTRATION

(Includes free t-shirt while supplies last)

MAIL-IN by: 04/25/15

Online by: 4/29/15

www.runsignup.com

\$25	General Participant
\$20	Youth (Age 17 & Under)
\$22	2013 USATF-NJ Members

AFTER 04/29/15 & On Event Day

\$30	General Participant & USATF-NJ Members
\$25	Youth (Age 17 & Under)

Race Day Schedule

7:30 am: Registration & Check-In Opens.

8:45 am: Registration Closes

8:50 am: Line Up

9:00 am: 5K Race!

10:00 am: Finish chute closes-Timing Ends

10-10:30 am: Refreshments & Door Prizes!

10:45 am: Awards Ceremony

**Please Make Checks Payable to
"West Milford Animal Shelter"**

MAIL TO: WMASS 5k

**P.O Box 72- Lycosky Drive
West Milford, NJ 07480**

Course Details

-  USATF Certified & Sanctioned
"Heart of the Highlands"
USATF# NJ07502JHP
-  Paved, Gently Rolling "Out & Back"
-  Timing Split at mile marker 1
*Timing by Tri-State Timing

Amenities

-  Race T-shirts to Early Entrants
(While supplies last)
-  Water Stop
-  Post Event Refreshments
-  Door Prizes! (Must be present to win)
-  Age Group Award Ceremony
-  Race results posted online by Tri-State Timing

AGE GROUP CATEGORIES

Awards will be given to the 1st, 2nd & 3rd overall Males and Females. No duplicate awards for age group placement. Medals will be given to the 1st, 2nd & 3rd in the following age groups:

10 & Under	45-49
11-14	50-54
15-19	55-59
20-24	60-64
25-29	65-69
30-34	70-74
35-39	75-79
40-44	80 & Over



West Milford Animal Shelter 5K Run/Walk

Sunday, May 3rd, 2015

**Held at Macopin Middle School
70 Highlander Drive
West Milford, New Jersey**



www.WestMilfordAnimalShelter.org

The West Milford Animal Shelter Society, Inc.

Formed in 1976, WMASS is a 100% volunteer organization. Every year, we help hundreds of domestic animals seeking shelter, love, attention and veterinary care. We also take in injured or orphaned wildlife from our township.

By taking part in this event, you will be supporting a great cause and furthering our mission to combat & help homeless animals!

You can learn more about us and this event at:
www.WestMilfordAnimalShelter.org

Directions: 70 Highlander Drive West Milford, NJ 07480

From Rt. 23 North or South, take Echo Lake Road Exit. At the end of the road, turn Left onto Macopin Road and follow for 2 miles. Turn Right onto Highlander Drive. Approximately 600 feet on the RIGHT is Macopin Middle School. Parking will be available in either school parking lot.



Find us on Facebook!
www.facebook.com/westmilford.animalshelter

 Early Entry Deadline for Mail-In Registration is 4/25/15

***If you do not think your registration form will arrive in the mail on time, please bring your check and register the day of the event.**

 Online Registration at www.runsignup.com will close Wednesday, April 29th.

First and Last Name:

2015 USATF-NJ# (If Applicable):

Street:

City:

State:

Zip code:

Email:

Shirt Sizes (Adult & Youth)

Please circle one:

ADULT SMALL

MEDIUM

LARGE

X-LARGE

YOUTH S (size 6-8)

M (size 10-12)

L (size 14-16)

Age on Race Day:

DOB (MM/DD/YEAR):

M / F

Please read and sign below to accept. I know that participating in a foot race is a potentially dangerous activity. I am physically fit and sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor. I assume all risks associated with these events including, but not limited to, falls, contact with other participants, the effect of the weather, including extreme heat or cold, and/or humidity, wet surfaces, traffic and the conditions of the road, all such risks being known and appreciated by me and my personal property. Having read this waiver and knowing these facts and in consideration of accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release The West Milford Animal Shelter, West Milford Township, the USATF and their respective agencies, employees, directors, volunteers, trustees, representatives and agents along with all sponsors, their representatives and successors **from all claims and liabilities of any kind arising out of my participation.** I am aware that the registration fee is non-refundable. I am also aware that the course may be open to traffic and that the finish chute will close at 10:00 am. *By signing below, I acknowledge having read & agreed to the above waiver.

Participant's Signature or Guardian's Signature: (If participant is under 18 years old)

X

Date:

For Official Use: Check# _____

Cash: _____

Check#: _____