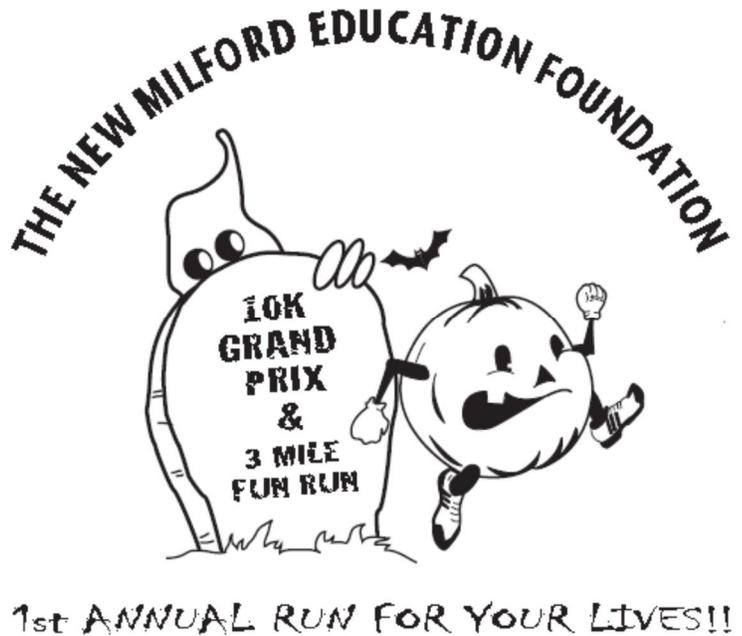


Parents,

On October 27<sup>th</sup> we will be hosting our 1<sup>st</sup> Annual Run For Your Lives!! road race and Halloween running festival. We have an entire day of great events planned for people of every age and ability.

Our day will start off with a USA Track & Field Sanctioned 10k (6.2 Mile) Grand Prix Race. We have worked hard to put together a flat and fast course touring all of New Milford. Our 10k will kick off at 9:00 AM (runners at the start at 8:45). It will be chip timed with trophies and awards for top 3 finishers overall and in five year age brackets. In addition, there will be cash prizes for our top 3 overall finishers.



After the 10k wraps up, we will start our 3 mile fun run at 10:30 open to every age and ability, including walking and folks with strollers. We'll have trophies for the top 3 overall finishers and top male and female runners. In addition, everyone who participates gets a Finisher medal. We'll have aid stations with water and Gatorade along the way and maybe a few other surprises on the course to keep it exciting!

After the 3 mile run/walk concludes, we have an entire series of races/games for the kids starting at about noon on the track behind New Milford High School that will include a 100 meter dash, our Halloween relay and a costume contest. All the kids will get Finisher medals with trophies and prizes going to the winners in each event.

Everyone who participates will be getting our inaugural race tee shirt. We have a ton of food (free food for all the kids who participate), live music, raffle prizes and a 50/50 planned.

And after it's all done, we have an after party with even more prizes, a costume contest and the drawing for our 50/50 being held at Jersey Boys starting around 1:00 PM. The DeMiglio family has graciously pledged 20% of every dollar spent at Jersey Boys to the Ed Foundation! So be sure to come by and join us for a Halloween celebration!



You can register by filling out this form and sending it back to school with your child or by visiting our registration website at:

<https://runsignup.com/Race/NJ/NewMilford/NewMilfordEdFoundationAnnual10k5k>

Our registration desk will open at 7:00 AM!

Feel free to contact us at [NewMilfordRuns@gmail.com](mailto:NewMilfordRuns@gmail.com) with any questions.

### FEES

10k Grand Prix Race	\$40.00
3 Mile Fun Run/Walk (NOT TIMED)	\$25.00
Kids Fun Run	\$10.00

<u>Discounts</u>	
USA Track & Field Member*	-\$3.00
New Milford Resident	-\$5.00

*\*USATF Membership Discounts are only available for the 10K Grand Prix.*

**Make all checks payable to 'New Milford Education Foundation'**



**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, its officers, members, race volunteers, the Borough of New Milford, its 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 race.\*\*

Official Entry Form

10K Run                       3 Mile Fun 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