

19th
Annual

Musconetcong Watershed Association

4-Mile Run/Walk for the River

Date: **Sunday, May 5, 2019** (Rain or Shine!)

Time: **10:00 am** (runners) / **9:45 am** (walkers) / **8:30 am** registration opens

Place: **Warren County, NJ** – Asbury Fire Co., 410 Old Main Street, Asbury
(5 minutes off Rt. 78, Exit 7 – registration & parking in back)

Course is a scenic loop. Runners and walkers will pass streams, pastures, historic buildings and the beautiful Musconetcong River on this mostly flat fast course.

Entry Fee: **\$30.00**, includes free t-shirt (day of, while supplies last)

Complimentary bagels & bottled water for participants **Free drawing (winners must be present)**

Awards to the first 3 male and first 3 female runners in each of the following age groups:
14 & under, 15-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66+

Top awards and prizes awarded to each overall male & female runner (*recipients not eligible for age group awards*)

----- *Please clip and send the bottom half with your payment* -----

Name: _____ Age on race day: _____ Sex: _____

Address: _____

Phone: _____ e-mail: _____

(please check one)

RUNNER **WALKER**

(t-shirt size – please check one)

SM **MED** **LG** **XL** **Child's MED**

I hereby release and discharge the Musconetcong Watershed Association (MWA), the Township of Franklin and the Township of Washington, the promoters, directors and all sponsors and volunteer organizers and their agents or employees and those owning or having an interest in the facilities used while traveling to or participating in the "Run for the River" for any claim by me or my family, estate, heirs or assigns, for any injury or damage that may be suffered by me. I understand that the MWA, promoters, directors, sponsors and volunteer organizers do not assume responsibility for entrants under the age of 18. I specifically understand that the MWA, promoters, directors, sponsors and volunteer organizers are under no obligation to provide a physical examination or other evidence of my physical fitness to participate in such an event, the same being my sole responsibility. I have signed this release freely & voluntarily & with a full understanding of its contents, I acknowledge by my signature that I am bound by the provisions herein.

Signature _____ Date _____

Date _____

Signature of Parent/Guardian (*if entrant is under 18*)

Checks payable to: MWA • Mail to: MWA, PO Box 113, Asbury, NJ 08802

For additional details call 908-537-7060 or email karen@musconetcong.org

Visit www.musconetcong.org for info, directions and race route photos