

**WAIVER**

**MUST BE SIGNED**

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Montclair State University, or any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in the MSU Red Hawk 5K Walk/Run for any and all injuries suffered by me in this event. I certify that I am physically able to participate in this event.

Signature

Date

Signature by Parent/Guardian if Under 18

Date

**SATURDAY NOV. 21  
WALK/RUN BEGINS AT  
10:30 A.M. SHARP!!**

**All Walkers/Runners should  
register/check-in between  
9 a.m. – 9:45 a.m.  
Student Recreation Center**

**Prizes to be awarded.  
Gift raffle to be held at  
reception immediately  
following event.**

**Free Race T-Shirt  
for first  
100 Participants**

**All Students who  
Register to Run will be  
Eligible to Win a Schwinn Bicycle**

**Join us for food delivery on Tues-  
day November 24 to the Apostle  
House in Newark, NJ**



**Montclair State University  
Student Recreation Center  
Presents:**



**The 9th Annual  
MSU Red Hawk  
Walk/Run**

**Saturday November 21  
Registration 9-9:45 am  
Race/Walk Starts  
at 10:30 AM  
Help Support MSU's  
Campus Rec Cares Fund for  
Charitable Causes**

**The 9th Annual MSU Campus Recreation 5K Walk/Run to benefit the Apostle House. Food Drive is a fun and fulfilling experience for all Walkers/Runners and Volunteers. This event is designed to bring the MSU Community together.**

**All proceeds from this event go towards assisting the Apostle House Food Drive for needy and hungry families during the Thanksgiving Holidays.**

**The Department of Campus Recreation is proud to host this annual charity event. Walkers/ Runners will enjoy a hilly tour of the MSU Campus and a finish line reception with awards, prizes, and refreshments.**

**Pre-Registration Deadline:  
Friday November 13th**

**Race-Day Registration for ALL Walkers/Runners:  
Student Recreation Center  
Montclair State University Campus  
Saturday November 21  
9 a.m.— 9:45 a.m.  
Walk/Run Starts Promptly at  
10:30 a.m.**



**USATF  
Certified Course**



**Non perishable canned goods donations will be accepted on Race-Day.  
All extra donations (Food or Money) will go towards Campus Rec Cares Fund for Charitable Donations**

**Directions:**

**From GSP exit 153 B (Route 3 West)**

Route 3 joins Route 46. Immediately after Ford Dealership, take the Montclair State University/ VALLEY ROAD exit. Take the jug handle. After the Alexis Steakhouse, enter the MSU Campus from Valley Road on the right side, through the gates and up the hill to the top. Proceed to follow signs to the Student Recreation Center

**From Route 46 Eastbound:**

Exit from Route 46 East onto CLOVE ROAD/ Montclair State University. Go up the hill and turn left after going under the bridge. Make a left at the entrance for Montclair State University and proceed to follow signs to the Student Recreation Center.

DETACH THIS SECTION AND SEND IT WITH YOUR ENTRY FEE TO THE ADDRESS BELOW

**Red Hawk Walk/Run Entry Form**

\_\_\_\_\_  
(First Name) (Last Name)

\_\_\_\_\_  
(Address)

\_\_\_\_\_  
(City) (State) (Zip)

\_\_\_\_\_  
(Telephone Number)

\_\_\_\_\_  
(E-Mail Address) @\_\_\_\_\_

Check One: \_\_\_\_\_ Male \_\_\_\_\_ Female

T-Shirt Size: (circle one) S M L XL XXL  
(T-Shirts to the First 150 Registrations plus while supplies last.)

**Pre-Registration**

Check One: \_\_\_\_\_ MSU Student (\$10)  
\_\_\_\_\_ Other (\$20)

**Registration Received AFTER Saturday Nov. 14**

\_\_\_\_\_ Received after Nov. 15 (\$25)

Office Use Only: Race # \_\_\_\_\_

Please Make Checks Payable to (please do not send cash):

**MSU Campus Recreation  
Student Recreation Center  
1 Normal Ave  
Montclair, NJ 07043**

All entry fees are Non-Refundable and Non-Transferable Under Any Circumstance. ONLY Checks, Money Orders, and Cash (Race-Day ONLY) will be accepted.