

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

SUNDAY NOVEMBER 21
WALK/RUN BEGINS AT
10 A.M. SHARP!!

All Walkers/Runners should register/check-in between
9 a.m.—9:45 a.m.
Yogi Berra Stadium Ticket Office

Prizes to be awarded to age and MSU Community categories.
Gift Raffle to be held at reception immediately following event.

Free Race T-Shirt
for first 100 Participants
plus while supplies last.

Walk/Run Entry Fee:
Pre-Registration (before Nov. 12)
MSU STUDENTS \$10
ALL OTHERS \$12
Registration and Race-Day
(After Nov. 12)
ALL ENTRIES \$15



Montclair State University
Campus Recreation Presents:

5TH ANNUAL RED HAWK 5K WALK/RUN



**FOR THE 18TH ANNUAL
NEWMAN CENTER FOOD DRIVE
SUNDAY NOVEMBER 21, 2004**

The 5th Annual MSU Red Hawk 5K Walk/Run

To Benefit the
18th Annual
Newman Center Food Drive

Sunday November 21
Registration 9-9:45 am
Race/Walk Starts at 10 AM
Yogi Berra Stadium
Help Feed the Needy at Thanksgiving!



Red Hawk 5K Walk/Run Entry Form

(First Name) (Last Name)

(Address)

(City) (State) (Zip)

(Telephone Number)

_____@_____
(E-Mail Address)

Check One: _____ Male _____ Female

Age on Race Day: _____

T-Shirt Size: (circle one) M L XL XXL
(T-Shirts to the First 100 Registrations plus while supplies last.)

Pre-Registration

Check One: _____ MSU Student (\$10)

_____ MSU Faculty (\$12)

_____ MSU Staff (\$12)

_____ Other (\$12)

Registration Received AFTER Monday Nov. 12

Check One: _____ Received after Nov. 12 (\$15)

_____ Race-Day Registration

Office Use Only: Race # _____

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

MSU Campus Recreation

c/o Keith Fonseca

100 Normal Ave. SC-104 J

Upper 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.



The 5th Annual MSU Campus Recreation 5K Walk/Run to benefit the 18th Annual Newman Center Food Drive is a fun and fulfilling experience for all Walkers/Runners and Volunteers.

This event is designed to bring the MSU Community together.

The Proceeds from this event go towards assisting the Newman Center Food Drive for needy and hungry families during the Thanksgiving Holidays.

Our giving is done through M.E.N.D. (Meeting Emergency Needs with Dignity).

The Department of Campus Recreation is proud to host this annual charity event. Walkers/Runners will enjoy a hilly 5K tour of the MSU Campus and a finish line reception with awards, prizes, and refreshments.

<http://www.montclair.edu/campusrec/>

<http://www.morrowmem.org/MEND/mend.html>

**Pre-Registration Deadline:
MUST BE RECEIVED BY
MONDAY NOVEMBER 12**

**Race-Day Registration for
ALL Walkers/Runners:
Yogi Berra Stadium Ticket Office
Montclair State University Campus
Sunday November 21
9 a.m.— 9:45 a.m.
Walk/Run Starts Promptly at 10**

Because of all the construction at MSU, this race may not be 5k in 2004. We apologize for any inconvenience this may cause you.

**ROCKY THE RED HAWK WILL BE THERE!
Some Race Winners get Turkeys!**

**Canned Goods Donations will
be accepted on Race-Day.
All extra donations
(Food or Money)
will be given to the
Newman Center Food Drive.**

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. It spins around. 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. That's Yogi Berra Stadium.

From Route 46 Eastbound:

Exit from Route 46 East onto CLOVE ROAD/ Montclair State University. Go up the hill and make a left into campus. Immediately after guard station, make a left and continue straight to Yogi Berra.