

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 20
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. 11)
MSU STUDENTS \$10
ALL OTHERS \$12
Registration and Race-Day
(After Nov. 11)
ALL ENTRIES \$15



Montclair State University
Campus Recreation Presents:

6TH ANNUAL RED HAWK 5K WALK/RUN



**FOR THE 19TH ANNUAL
NEWMAN CENTER FOOD DRIVE
SUNDAY NOVEMBER 20, 2005**

The 6th Annual MSU Red Hawk 5K Walk/Run

To Benefit the
19th Annual
Newman Center Food Drive

Sunday November 20
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) S 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. 11

Check One: Received after Nov. 11 (\$15)

Race-Day Registration (\$15)

Office Use Only: Race # _____

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

MSU Campus Recreation

c/o Keith Fonseca

1 Normal Ave. SC-104 J

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.



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
Alexus 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.

The 6th Annual MSU Campus Recreation 5K
Walk/Run to benefit the 19th Annual Newman
Center Food Drive is a fun and fulfilling experi-
ence 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 11**

**Race-Day Registration for
ALL Walkers/Runners:
Yogi Berra Stadium Ticket Office
Montclair State University Campus
Sunday November 20
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 2005. We apologize
for any inconvenience this may cause you.**