

Middle Earth's 10th Annual "Run from Winter" 10K



USATF
NEW JERSEY

500 Point Event

Sunday, March 24, 2019
10:00 a.m. - Rain or Shine
Somerset County Park Commission's
Duke Island Park, Bridgewater, NJ

USATF -NJ Certified & Sanctioned Course
*runs along the scenic Raritan River through the flat, paved,
wooded trails of Duke Island Park!*



NORTH JERSEY

2019
Grand Prix

10K Entry Fee: \$30 by 3/15/19 (\$27 USATF Members)
\$25 for Students by 3/15/19
All fees increase \$10 after 3/15/19 and on race day

Registration: Detach and Mail the bottom form or register online
at www.middleearthnj.org

Race Day Registration & Packet Pick Up: 8:30 - 9:45 a.m.

Awards: Awards Ceremony at 12:00 noon, Top 3 M/F Over
all & Top 3 M/F in Standard Age Groups

Age Groups: 14 & Under, 15-19 to 75-79 (5 year groups),
80 and over

LONG SLEEVE
Race T-Shirts!
(while supplies last)

Race scoring and timing provided by:



All proceeds from this race benefit:

Middle Earth is a nonprofit organization serving Somerset County
youth for over 40 years. Visit us at www.middleearthnj.org.



**Mail form and check payable
to "Middle Earth" to:**

Middle Earth
Attn: Race Director
P.O. Box 8045
Bridgewater, NJ 08807

For more information, visit our
website or contact the
Race Director at
mnavatto@middleearthnj.org.

OFFICE USE ONLY
BIB NUMBER: _____

Name _____

Address _____

Phone _____

E-Mail _____

T-Shirt Size: S M L XL

Sex Date of Birth Age on Race Day

USATF Member Number _____

Waiver: I, intending to be legally bound, hereby for myself, my
heirs, executors, and administrators, waive and release any and all
rights and claims I may have against Middle Earth, the county of
Somerset, CompuScore, all sponsors, and other persons or
organizations connected with the above named event, and their
respective agents, employees, officers, volunteers, representatives,
successors, and assignees for any and all injuries that may be suffered
by me in connection with this event. Further, I hereby certify that I
am physically able to participate in this event and hereby grant the
right to publish my name in the news media and use my likeness in
any photographic record for the Middle Earth Run from Winter run.
Rain or shine, no refunds.

Signature _____ Date _____

Signature of parent or guardian if under 18 _____ Date _____

EXCLUSIONS: Due to insurance and safety requirements, the following
are prohibited in this race: animals, bicycles, skateboards, baby strollers,
baby joggers, roller skates, and roller blades.