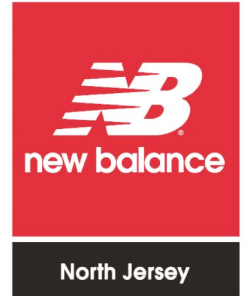


Middle Earth's 8th Annual "Run from Winter" 10K



500 Point Event

Sunday, April 23, 2017
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!*

**2017
Grand Prix**

Entry Fee: \$30 by 4/14/2017 (\$27 USATF Members)
 \$35 after 4/14/2017 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. (Oak Grove Pavilion)

Awards: Awards Ceremony at 12:00 noon
 Top 3 M/F Overall
 Top 3 M/F in Standard Age Groups

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

**Race T-Shirts!
(while supplies last)**

Race scoring and timing provided by:



**Baldasari and Leestma
Race Management
EST. 1980**

All proceeds from this race benefit:

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



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

Middle Earth
 Attn: 10K Race Director
 P.O. Box 8045
 Bridgewater, NJ 08807

For more information, visit our website or contact the Race Director at navatto@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 10K 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.