

Middle Earth's 1st Annual "Run from Winter" 10K



Sunday, March 21, 2010
9:30 a.m. - Rain or Shine
Somerset County Park Commission's
Duke Island Park, Bridgewater, NJ

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

Entry Fee: \$30 by 3/11/2010 (\$28 USATF Members)
 \$35 after 3/11/2010 and on race day

**Long sleeve race t-shirts
 to first 250 entrants!**

Registration: By mail or online at
www.middleearthnj.org or
www.raceforum.com/runfromwinter

Race Day Registration and Packet Pick Up:
 8:00 - 9:15 a.m. (Oak Grove Pavilion)

Awards: Awards Ceremony at 11:30 a.m.
 Top M/F Runners Overall
 Top M/F Runner in Standard Age Groups



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 bjvons@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, Baldasari and Leestma Race Management, 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.

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.