

RunnersMecca Presents the 13th BI-Annual

**PRE-REGISTRATION RACE ONLY
RACE FILLS EARLY (150 MAXIMUM)**



MORRIS MAULER

SPRING EDITION Trail/X-Country Race

"The toughest, nastiest meanest 5k race in New Jersey"

Sunday May 10, 2009 at 10:00

This race features a hill known as The B*st*rd. You have run faster, now run the The B*st*rd.

You will never look at a tough race the same way again!

Guaranteed to be minutes slower than what you normal run for 5k (accurately measured course).

Be prepared to do your Personal worst, you will not look pretty after this race

or think highly of the organizer's of this brutal event.

This event is not for: wimps, pansies, candy\$\$es, flatlanders, whiners or belly-achers.

You must be tough to run this race.

course if very challenging with a difficulty rating of 9.3 on the "Hillometer Chart"
(10 being toughest, 1 being easiest.)

The course measures 4.1 o the Agility/Stability Scale
(1 being the easiest, 10 being rough terrain.)



Location: Lewis Morris Park, 270 Mendham Road,
Morris County New Jersey

(Approx. 3-4 miles from the center of Mendham)

Notice: Speed limit 25mph. Seat belts monitored.

Registration: Opens at 8:30am

Race: 10:00

Awards: Top 3 overall. Top age group finishers in 5 year increments above age 34 and over. Also 12 and under, 13-15, 15-16, 17-19.

From the East

Take Rt. 24/510 West to the entrance of Lewis Morris Park.
(Approx. 3 miles west of the Center of Morristown.)

For more information Call Dave Hoch (908) 295-8580 or
check the website: runnersmecca.com.

REGISTER ON-LINE AT www.active.com

In store At: Starting Line Sports, Madison, NJ

DIRECTIONS:

Lewis Morris Park is adjacent to Jockey Hollow National
Park in Morris County.

From the West:

Take Rt. 24/510 East to entrance of Lewis Morris Park.

Parking is limited so please carpool and try to arrive early.
Go to Mendham Overlook and Sugarloaf parking areas.

Official Entry Form

Mail completed form to: Morris Mauler, 143 Joseph Street, East Brunswick NJ 08816

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____ E-mail: _____

Sex: (circle one): M F Age on Race Day: _____ Date of Birth: _____

Check whichever applies:

\$21 Pre-registration (postmarked by May 2nd)

\$21 Pre-registration Active.com by May 5th

\$21 Pre-registration (Starting Line Sports by May 5th)

Make Checks Payable to RunnersMecca

Waiver/Release:

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in these cross country events, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release the RunnersMecca, the race directors, all organizing committees, and all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.



Signed: _____
(by guardian if under 18)

Date: _____