



9th Annual
Cupsaw Lake
Haunted Hilly 5K
Kids' 1 Mile Monster Dash &
Kids' Spooky Sprints
Sunday, October 28, 2018



Schedule: Rain or Shine

- 7:30 a.m. - Registration: 5K at Cupsaw Lake Clubhouse
- 8:30 a.m. - Kids' 1 Mile
- 9:00 a.m. - Kids' Sprints
- 9:30 a.m. - 5K Run / Walk

Entry Fees:

- 5K Run/Walk.....\$25 by October 15 (includes T-shirt) (\$30 Race Day)
- 5K Run/Walk with 2018 USATF-NJ#.....\$22 by October 20 (includes T-shirt) (\$30 Race Day)
- 1 Mile 14 & under Kids' Dash or 5 & under Kids' Sprints..... \$5 (6 & under: adult supervision recommended)

- 5K Awards:** Top M/F Overall, Top 3 M/F in the following categories: 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, & 80+
- 1 Mile Awards:** Top 3 Boys/Girls in the following categories: 6 & under, 7-8, 9-10, 11-12, 13+
- Special Awards - Best costumes!**

This Boo-tiful hilly 5K course will take you around the lake and through the Kraft/Walker neighborhood:

Two water stops. Mile markers for each mile. Strollers and baby joggers welcome. No skates, blades, bikes or pets please.
Event is sanctioned and course is certified by USATF.

Amenities: Tech T-shirt guaranteed to all 5K pre-registrants. Digital timing system & free post race refreshments to all participants.

Cupsaw Lake Application Form

Please make checks payable to C.L.I.A.
Mail application to: C.L.I.A. 5K, P.O. Box 205, Ringwood, NJ 07456
For further information contact cupsawlake5k@cupsawlake.org.

Circle Shirt Size for 5K Race:
Youth L
Adult S M L XL

One applicant per form

Name _____ M/F _____ 2018 USATF-NJ# _____
Address _____ City/State _____ Zip _____
Age on race day _____ Date of Birth _____ Telephone _____ E-mail _____

Check event below. No refunds, exchanges or transfers.

- 5K Run \$25 (\$30 Race Day) 1 Mile 14 & under Kids' Dash and/or Kids' Sprints \$5 per person
- 5K Run with 2018 USATF-NJ # \$22 (\$30 Race Day)

Amount Enclosed \$ _____

Release & Waiver: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, including high and low temperatures and or humidity, traffic and other conditions of the course; all such risks being known and acknowledged by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the Cupsaw Lake Improvement Association, Borough of Ringwood, all race volunteers and all sponsors, their representative, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. The Undersigned has read and voluntarily signed this release and waiver.

Signature (if under 18 - parent/guardian)

Date