

Saturday, September 10, 2016

9 am Start

Garret Mountain Reservation

Woodland Park, NJ



THE **4 MILER** AT
GARRET MOUNTAIN

LOCATIONGarret Mountain Reservation
Woodland Park, NJ**MAPQUEST ADDRESS**1 Park Rd.
Woodland Park, NJ**SCHEDULE**

7:45 am	Registration
9:00 am	4 Mile Run
9:10 am	1.5 Mile Trail Walk
10:15 am	Kids' Dashes

**SCORING**

ChronoTrack B-Tag Scoring by compuscore.com

INFORMATION

oym.net · 908.902.8587 · mzrace@oym.net

AMENITIES

The 4 Miler at Garret Mountain Technical Tee Shirt to all pre-registrants and to post-registrants while supplies last. Refreshments, DJ, random prizes and kids' activities.

REGISTRATIONBy mail or online at raceforum.com/garret**ENTRY FEES** (Must be postmarked by 9-2)

4 Miler or Walk	By 9-5	\$23
	2016 USATF Members	\$20
	After 9-5 & on race day	\$25
Kids' Dashes	(ages 2-11)	\$8

COURSE

Beautifully scenic USATF certified, 4 Mile double loop course. Hilly and flat on paved park roads. Mile Clocks. Water stops.

AWARDS (Male and Female)1, 2, 3 Overall and Age Groups
14 & Under to 85 & Over (5 Years)
No duplicate awards**Kids' Dashes** - Finisher ribbons

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To Benefit



North Jersey

2016

Grand Prix

**USATF**
NEW JERSEY

500 Point Event



Rain or Shine

ONE ENTRY FORM PER APPLICANT • OK TO PHOTO COPY

Checks payable to: SaxBST Foundation Mail to: Will to Win • 2411 Route 563 • EHC, NJ 08215

Entry Fees (please check)
 4 Mile Run Trail Walk Kids' Dashes
4 Mile Run or Trail Walk

<input type="checkbox"/>	By 9-5	\$23
<input type="checkbox"/>	2016 USATF Members	\$20
<input type="checkbox"/>	After 9-5 & on race day	\$25

Kids' Dashes
 (ages 2-11) \$8
Adult Tee Shirt Size S M L XLKids Tee Shirt Size S M L

For "Kids' Dashes" only

last name _____ first name _____

street _____

city _____ state _____ zip _____

gender (M or F) _____ 2016 USATF-NJ # _____

age on race day _____ date of birth _____

phone _____ email _____

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Sax LLP, SaxBST Foundation, Passaic County Parks - Garret Mountain, OYMP and any and all parties, groups, organizations, volunteers, sponsors and (or) any representatives involved in The 4 Miler at Garret Mountain for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event and give my permission to use my photographic likeness for event publicity.

signature (of parent if under 18)

date