

# 2018 Raiders on the Run

(5K walk/run, Rain or Shine)



**Sunday, September 16, 2018**  
**Rock Spring Park (start and finish line)**  
**8:30am**

**ALL participants will receive a race day finisher t-shirt!**

Registration Mail-in fee \$35 adults, \$15 kids (14 and under) (by 8/29)  
USATF-NJ member \$35 adults, \$15 kids (14 and under) (by 8/29)  
Late and day of registration \$40 adults, \$15 kids (14 and under)  
You may also register online at [bestrace.com](http://bestrace.com) by 8/29

## All proceeds to benefit the Long Valley Raiders Football Association

===== Detach Entry Form =====

Name \_\_\_\_\_ Gender \_\_\_\_M \_\_\_\_F

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Age on race day \_\_\_\_ DOB \_\_\_\_\_ T-shirt size S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL \_\_\_\_ USATF-NJ # \_\_\_\_\_

If you are a Raider football player, which team do you play for \_\_\_\_\_

**Payment information: Checks payable to LVRFA and mail to LVRFA, PO Box 270 Long Valley, NJ 07853**

**Questions: E-mail Jocelyn Morgan [jocelynrose910@yahoo.com](mailto:jocelynrose910@yahoo.com)**

Release: For the safety of all participants, no skates or animals are permitted. Registration fees are not refundable. In consideration of being allowed to participate in this racing event, I personally assume all risks in connection with this race due to my participation in the race and for any possible cancelation or reschedule of the event due to dangerous conditions or unplanned circumstances. I release the Long Valley Raiders Football Association, race organizers, directors, volunteers, sponsors and their representatives, officers, agents and employees and successors from any claim by me and my family, estate, heirs, or assigns, for injury or damage which may occur due to my participation in the race. I have signed this release freely and voluntarily with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm here that I am physically fit and qualified to participate in this race and that I am at least 18 years of age or have had this signed by my guardian, if I have not yet reached age 18.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent or Guardian if under 18)