

2014 MEF 5K Challenge



Sunday, April 6, 2014

Proceeds to Benefit the

Montvale Educational Foundation



Awards

-Top 3 Overall male & female

-Top 3 male & female per age group 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

Timing and Scoring by

BEST Racing Systems.

Race results will be posted at

www.bestrace.com



Course is sanctioned and certified by USATF

Certification #NJ13549JHP

Event Schedule:

7:30 am check-in at the Montvale Community Center 1 Memorial Dr., Montvale NJ

9:00 am: 5K begins: the 3.1 mile course will start and finish on Memorial Drive

10:00 am: Awards/Post race refreshments

Race packet pickup : Race packets can be picked up on Saturday April 5 at the Community Center (1 Memorial Dr) between the hours of 1-4pm. Race T-shirts are guaranteed to the first 200 registrants

Entry Fee

Pre registration \$30

Day of Registration \$35

Registration can be done online at www.bestrace.com (credit cards accepted)

or

Registrations can be mailed to MEF c/o Fieldstone Middle School 47 Spring Valley Rd Montvale, NJ 07645

For additional information please email mefchallenge@gmail.com

Entry Form (Make Checks Payable to Montvale Educational Foundation)

Last Name : _____ First Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth: _____ Age (on race day): _____ Gender: M ___ F ___

T Shirt Size: S ___ M ___ L ___ XL ___ **WAIVER OF LIABILITY:**

I understand that certain activities involve a certain amount of risk. By signing below I acknowledge the dangers involved and I agree to release and hold harmless the Montvale Educational Foundation, the Borough of Montvale, the Montvale Board of Education, it's officers, sponsors, agents, successors, and all persons or entities involved in the promotion or staging of the MEF 5K Challenge from and against all claims, suits, damages, costs, losses and expenses in any manner resulting from, arising out of or connected with my participation in the event. I also give my permission for the use, without fee, of my name and picture in any broadcast, telecast, or printed media account of this event for publicity and promotional purposes. I attest and verify that I am physically fit for this event. Parental Consent is required for those under 18 years of age.

Signature _____ Parent Signature _____