

## Thanks to Last Year's 5K Race Sponsors

- Motion Kia
- Fulton Bank of NJ
- Eastern Propane
- Shop Rite
- Netcong Stanhope Rotary
- Atlantic Ambulance Corp
- Saint Clares Health System
- Hackettstown Regional Medical Center
- Chaboni Yogurt
- Netcong Sports Club
- Juice Plus

**Special Thanks To:**  
Netcong Recreation  
Committee  
Netcong Police Department  
& Fire Department



For more info:  
[www.netcong.org](http://www.netcong.org)

## NETCONG IS HAPPENING YEAR ROUND AND EVERYONE IS INVITED!

Concerts in The Park  
on the shore of  
Lake Musconetcong  
every Friday Evening  
throughout the summer

Netcong Farmers Market  
at the NJ Transit lot  
June 8th thru Oct. 26th  
offering NJ Fresh Produce  
and other market items

Halloween Fun Fest  
for all ages  
Saturday Oct. 26th  
Parade and Trunk or Treat  
at Netcong Train Station

Holiday Parade and Tree  
Lighting, Dec. 1 with a visit  
from Santa

Follow Netcong Recreation  
Events on Facebook:  
[Facebook.com/Netcongrecreation](https://www.facebook.com/Netcongrecreation)  
or [www.netcong.org/recreation](http://www.netcong.org/recreation)

facebook



## NETCONG DAY September 8, 2013

### 6th Annual 5K Run-Walk

Registration 8:30am Start Time 10:30am



Race Begins and Ends at Borough  
Hall, 23 Maple Ave - Netcong

Online Registration Race Info.  
[www.RunSignUp.com](http://www.RunSignUp.com) or Call Andy Ball 973-222-8748

### 26th Annual Street Fair Start Time 11:00 am

### Netcong Day Music Fest

On Main Street Noon-5:00 pm  
Sponsored by the Netcong Community Partnership  
[www.GoNetcong.com](http://www.GoNetcong.com)



# Netcong Day 5K

**MOTION**



www.netcong.org

**Sunday, September 8, 2013 at 10:30 am**

Registration, Check in and finish at Netcong Borough Hall  
23 Maple Avenue, Netcong, New Jersey

**TROPHIES: TOP 3 MALE & FEMALE 5K PARTICIPANTS  
10 YEAR AGE GROUPS 7yrs - 80+, TOP 3 COED TEAM  
AWARDS & PRIZES**

5K Participants receive T-Shirt & Goodie Bags while  
supplies last

## 5K Registration Fee

\$20.00 Early Registration (until August 16th )

\$25.00 Regular Registration (through September 6th)

\$30.00 Late Registration ( Thru Race Day September 8th )

\$3.00 Registration Discount for USATF-NJ Members by Sept. 1st

For Information: call 973-222-8748 Online Registration visit [www.RunSignUp.com](http://www.RunSignUp.com) & Search for Netcong

Age on Race Day \_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ Shirt Size S M L XL XXL

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

2013 USATF-NJ# \_\_\_\_\_ Grand Prix Scoring only - Est. Finish Time \_\_\_\_\_

5K Runner/ Walker \$ \_\_\_\_\_ ☐ Open Coed Team

Team Name \_\_\_\_\_ Min of 5 coed runners

Enclosed Payment: Cash \_\_\_\_\_ Check \_\_\_\_\_ Check# \_\_\_\_\_ Bib# \_\_\_\_\_

In consideration of your acceptance in the Netcong Day 5K Run, I the undersigned, intending to be legally bound, for myself, my heirs, executors and administration, waive and release any and all right and claims for damages, and hold harmless, and sponsoring organization ( Borough of Netcong, Netcong Firehouse, Netcong Board of Education, Main St. Marketing & Events, Morris County, RunSignUp. and co-sponsors, their representatives, successors, agents, servants, or employees, and assignees for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to participate, and state furthermore, that my ability to participate in and successfully compete in this event has been attested to by a qualified physician, or certified fitness consultant. I hereby grant premission to The Borough of Netcong/ Netcong Day 5K run to use photos that may include myself for promotion and publicity, and understand that if the Run cannot be held due to an act of God or circumstance beyond control, the Race is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made

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

(Parent or Guardian for child under 18)

Checks Payable to: Borough of Netcong Netcong Borough Hall, C/O 5K Race 23 Maple Avenue, Netcong, NJ. 07857