

**SCHEDULE**  
**7:00-8:45 am** Registration and packet pick up  
**9:00 am** 1-mile fitness and pet walk start  
**9:15 am** 5K start  
**10:00 am** Awards and post race party

**REGISTRATION**  
 Online at [RaceForum.com/TackleTheTrail](http://RaceForum.com/TackleTheTrail) **OR**  
 Registration & checks can be mailed and made out to:  
 Morris County Park Commission  
 Attn: Tackle the Trail  
 P.O. Box 1295  
 Morristown, NJ 07962-1295

**ENTRY FEES**  
**\$20** Preregistration 5K runners and 1-mile walkers (by 5:00 pm on 4/10)  
**\$25** Race day registrations

**INFORMATION**  
[www.morrisparks.net](http://www.morrisparks.net)  
 973.326.7616

**AWARDS**  
 Awards are given to the top three male and female 5K finishers in each age group: 12 and under, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 70 and over.

**AMENITIES**  
 Custom t-shirt (for the first 250 registered participants), refreshments, awards, raffle prizes, and Morris County Park Commission informational booth.

Morris County Park Commission



**Sunday, April 15, 2012**

**Central Park of Morris County**  
 91 Central Ave.  
 Parsippany, NJ 07054

Experience the Morris County Park Commission's 5K cross country course at Central Park. The course features soft, rolling hills, a mixture of grass, gravel and natural trail surface and beautiful views. The course is spectator friendly, you will be able to see your loved ones multiple times throughout the race.



*Proceeds benefit future recreational programming.*

**OFFICIAL ENTRY FORM - TACKLE THE TRAIL 5K AND 1-MILE FITNESS/DOG WALK - APRIL 15, 2012**

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Address \_\_\_\_\_ Age (day of race) \_\_\_\_\_  
 City \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_ T-Shirt Size S M L XL  
 5K Run \_\_\_\_\_ 1-Mile Walk \_\_\_\_\_

**WAIVER AND RELEASE**  
 I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby assume full and complete responsibility for any injury which may occur during my participation of this event or on the premise of this event and I hereby release and hold harmless Morris County Park Commission, County of Morris, Park Alliance race organizers, volunteers, officials and all other persons or entities associated with this event (including employees or affiliates) from any claims I may have arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether cause by negligence, the action or inaction of any of the above parties or otherwise. I give my full permission to any and all of the above parties to use any photographs, motion pictures, website images or other recordings that are made of me during the course of the event.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
 Signature of Parent/Guardian(if under 18) \_\_\_\_\_

**Direct Link to Online Registration**  
[www.RaceForum.com/TackletheTrail](http://www.RaceForum.com/TackletheTrail)

