5K & 1-mile registrants are eligible for door prizes

Endorphin 5K To Fight Brain Disease

Sat., Sept. 28, 2019

Kittatinny Valley State Park, Newton, NJ

Well Marked Trail

*HELP EVEN MORE. RUN OR WALK FOR FREE:

5K/2K PARTICIPANTS RAISING $100 OR MORE IN PLEDGES WILL HAVE 5K/1M FEE REFUNDED if received by Sept. 25th & all will receive tiered prizes.

8AM -1PM Music, Activities, Vendor Tables & Food

8:00-9:40am 5K and 1M Registration 8:15 – 9:30am Team Photos

◆10am 5K ◆10:20 1M ◆11am Awards/ Prizes

$28 by Sept. 6 $30 by Sept. 25th

$35 September 28th RACE DAY In Person REGISTRATION at Kittatinny Valley State Park

Cash or check for in person registration.

Runners/Walkers: T-shirts in preferred size guaranteed if registered by Aug. 31

After Aug. 31st t-shirts while supply lasts.

Goody Table - First 100 registrants to arrive on Sept. 28th guaranteed pick of goodies on table.

Only 5K will be timed.

Top 3 male & female 5K medals and prizes Individual age group 5K medals 5 YR. - 80+

TEAMS must be a group of 5 or more runners and/or walkers.

TEAM PRIZES: FASTEST (only 5K times) LARGEST, avg. YOUNGEST, avg. OLDEST and TEAM RAISING MOST $$

*** INCLUDED IN TEAM PRIZES – APPLICATIONS MUST BE RECEIVED BY SEPT. 22nd Those after Sept. 22nd can run or walk with a team and can be in the team photo.**

REGISTER ONLINE: http://www.iesbrainresearch.org by 9/25/2019

SHIRT SIZE: **Adult:** ___**S** ___ **M** ___**L** ___**XL** **Youth** __**S** __**M** **Bib #** _____

Age on race day_____ Birth date___/___/___ Male___ Female___ Runner___ Walker___ **5K** __ **1M** __

Last Name _____ First Name _____

Street _____ City_____ State_____ Zip_____

Phone_____E-mail_____

Company/School/Business Name _____ Occupation _____

Team _____ Team Captain _____

How learned of event (person, website or place) _____ PLEASE PRINT CLEARLY!!!

****You can help even more!! RUN FOR FREE & earn prizes by raising pledges. Each 5K or 1M participant who raises $100 or more & submits by Sept. 25th, will have the 5K/1M fee refunded.**

__I will be raising pledges for IES Brain Research Foundation Contact me with details & prize options.

__I will not be raising pledges

REGISTER BY MAIL- Make checks to:

IES Brain Research Foundation

270 Sparta Ave. Ste 104 Sparta, NJ 07871

or register online www.iesBrainResearch.org by Sept. 25th

5K/1MK Run/Walk $_____ Coupon Code_____

Additional donation or pledges raised (tax deductible) $_____

TOTAL Enclosed $_____ Cash___ Check # _____

Tax ID 04-3779708

I the undersigned participating in the Endorphin 5K Run/Walk, am legally bound, for myself, my heirs, executors and administration, to waive and release any and all rights and claims for damages, and hold harmless, any sponsoring organization, IES. Brain Research Foundation and its board members, Kittatinny Valley State Park, NJ, sponsors and, their representatives, successors, agents, servants or employees, and assignees for any and all injuries suffered by me in said run/walk. 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 permission to IES Brain Research to use photos that may include me or my child for promotion & publicity; and understand that if the Run cannot be held due to an act of God or circumstances beyond control, the Race is not liable to refund a**ny** 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 _____ Signature _____ **Date** _____

www.iesBrainResearch.org **(Parent or guardian if under 18)**