

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. 25<sup>th</sup> & 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      ◆10:10 1M      ◆11am Awards/ Prizes**

**\$20 by June 6    \$22 by July 6    \$25 by Aug. 6    \$28 by Sept. 6    \$30 by Sept. 25<sup>th</sup>**

**\$35 September 28<sup>th</sup> RACE DAY In Person REGISTRATION at Kittatinny Valley State Park**

**Cash or check for in person registration.**

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

**After Aug. 31<sup>st</sup> t-shirts & finisher medals while supply lasts.**

### ***5K Finisher Medals* 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. 22<sup>nd</sup> Those after Sept. 22<sup>nd</sup> 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

**5K/1MK Run/Walk \$ \_\_\_\_\_ Coupon Code \_\_\_\_\_**  
**Additional donation or pledges raised (tax deductible) \$ \_\_\_\_\_**  
**TOTAL Enclosed \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_**

or register online [www.iesBrainResearch.org](http://www.iesBrainResearch.org) by Sept. 25<sup>th</sup> **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 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** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

[www.iesBrainResearch.org](http://www.iesBrainResearch.org)

(Parent or guardian if under 18)