

RUNNERSMECCA PRESENTS THE 11<sup>TH</sup> BI-ANNUAL

PRE REGISTRATION EVENT ONLY!!!  
RACE FILLS EARLY!! (150 MAXIMUM)



# MORRIS MAULER 5K

## HIBERNATION EDITION Trail/X-Country Race

"The toughest, nastiest, meanest, 5k race in New Jersey"

Saturday, September 13th, 2008 @ 10:00

This race features a hill known as The B\*st\*rd. You have run faster, now come run The B\*st\*rd.

You will never look at a tough race the same way again!

Guaranteed to be minutes slower than what you normally run for a 5k (accurately measured course).

Be prepared to do your Personal Worst, you will not look pretty after this race or think highly of the organizers of this brutal event.

This event is not for: wimps, pansies, candy @\$es, flatlanders, whiners, or belly-achers.

**You must be tough to run this race.**

Course is very challenging with a difficulty rating of 9.3 on the "Hillometer Chart"

(10 being toughest, 1 being easiest.)

The course measures 4.1 on the Agility/Stability Scale

(1 being the easiest, 10 being rough terrain)



**Location:** Lewis Morris Park, 270 Mendham Road  
Morris Township, NJ

**Notice:** (Speed Limit 25 M.P.H., Seat Belts Monitored)

**Time:** 10:00 Start

**Registration:** Opens at 8:30 am

**Refreshments:** Will be provided at race and there will be a post-race picnic in the park.

**Awards:** Top 3 overall, top finishers in 5 year age increments above age 34. Also 12 & under & 13-14,15-16,17-19.

**Most Improved Runner Awards:** Top 7 most improved runners based on best prior Morris Mauler races.

**Clydsdale/Athena Divisions:** Top 3 Males 200lbs and over.  
Top 2 Females 150lbs and over.

### DIRECTIONS:

Lewis Morris Park is adjacent to Jockey Hollow National Park in Morris County New Jersey.

**From the West:**

Take route 24/510 East to Entrance of Lewis Morris Park (approx 3-4

miles east from Center of Mendham.

**From the East:**

Take route 24/510 West to Entrance of Lewis Morris Park (3 miles west from Center of Morristown).

**THE FALL MORRIS MAULER RACE WILL BE A PRE REGISTRATION EVENT ONLY (150 MAX)**

**REGISTER EARLY BEFORE CLOSEOUT CAPACITY**

T-Shirts guaranteed to All Registrants

Color choice, 1st come 1st serve.

Contact: 908-295-8580 for more information or check the website [www.runnersmecca.com](http://www.runnersmecca.com).

**REGISTER ON-LINE AT:** [active.com](http://active.com)

**IN-STORE AT:** Starting Line Sports, 67 Main Street, Madison, NJ (by 9/8/08)

**Parking is limited, please CARPOOL and arrive EARLY!**  
**Go to Mendham Overlook & Sugarloaf parking areas.**

## Official Entry Form

Mail completed form to: Morris Mauler 5K, 143 Joseph Street, East Brunswick NJ, 08816

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Clydesdale/Athena** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_ **Zip:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Sex: (circle one):** M F **Age on Race Day:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Fees:** \_\_ \$24 Pre-registration (Postmarked by 9/5/08)

\_\_ \$\_\_ \$20 No shirt (Postmarked by 9/5/08)

Register online at [www.active.com](http://www.active.com) (by 9/8/08)

Or register in-store at Starting Line Sports, Madison, NJ (by 9/8/08)

**This race will be Pre-Registration ONLY (Maximum 150 Participants)**

**Make Checks Payable to: RunnersMecca/Mauler**

**Waiver/Release:**

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in these trail events, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release, the race directors, and all organizing committees, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

(by guardian if under 18)



