

16th
Annual

4-MILE

WALK/RUN FOR THE RIVER

a scenic loop where walkers will pass streams, pastures,
historic buildings, and the beautiful Musconetcong River on this mainly flat course

A HEALTHY EVENT FOR YOU & THE RIVER

Date: **Sunday, May 1, 2016** (*Rain or Shine*)
Time: **10:00 am** (runners) / **9:45 am** (walkers) / **8:30 am** registration opens
Place: **Warren County, NJ** – Asbury Fire Co., 410 Old Main Street, Asbury
(5 minutes off Rt. 78, Exit 7 – registration & parking in back)

Family Package – \$50

For the price of two entries, the whole family can walk!
Package includes two drawing tickets and two t-shirts
Additional t-shirts can be purchased at \$10 each
Additional tickets for the drawing cannot be purchased

**This package is NOT AVAILABLE ON RACE DAY
(Registration must be received by April 19, 2016)**

Complimentary bagels & bottled water for participants • Free drawing (winners must be present)
The program is not sponsored by the Washington Township School District

Name: The _____ Family Total # of walkers: _____
Address: _____ e-mail : _____
_____ Phone #: _____

t-shirts with package (choose two)

Adult Sm Adult Med Adult Large Adult XL Childs M

Additional t-shirts \$10.00 Each Qty _____ Size(s) _____

I hereby release and discharge the Musconetcong Watershed Association (MWA), the Twp of Franklin and the Twp of Washington, the promoters, directors and all sponsors and volunteer organizers and their agents or employees and those owning or having an interest in the facilities used while traveling to or participating in the "Run for the River" for any claim by me or my family, estate, heirs or assigns, for any injury or damage that may be suffered by me. I understand that the MWA, promoters, directors, sponsors and volunteer organizers do not assume responsibility for entrants under the age of 18. I specifically understand that the MWA, promoters, directors, sponsors and volunteer organizers are under no obligation to provide a physical examination or other evidence of my physical fitness to participate in such an event, the same being my sole responsibility. I have signed this release freely & voluntarily & with a full understanding of its contents, I acknowledge by my signature that I am bound by the provisions herein.

Signature _____ Date _____

Signature of Parent/Guardian (if entrant is under 18) _____ Date _____

Checks payable to: MWA • Mail to: MWA, PO Box 113, Asbury, NJ 08802

For Runner Application, or for more information - visit www.musconetcong.org