



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Presenting Sponsor



THE MIND MATTERS 5K

Mentally Healthy, One Stride at a Time



MADISON AREA YMCA

5K and Family Fun Run to Benefit Madison Area YMCA's Programs that Heal the Whole Person: Emotionally, Mentally and Physically

Event Schedule:

Date: Wednesday, May 17, 2017
Place: Giralda Farms, Madison, NJ
 5-6PM Check-In; Race day registration
 6:30PM 5K Start
 6:35PM* 1 Mile Family Fun Run/Walk
 *Immediately following 5K Start
 Arrive before 6PM to avoid traffic and parking delays.
 Gate closes to traffic at 6:15PM.

DESCRIPTION: A USATF sanctioned and certified 5K Run on a scenic course at Giralda Farms (within Giralda Farms using Treadwell and side streets) rain or shine. The 1-mile Fun Run/Walk stays within Giralda Farms and is great for those who wish to be part of the event but can't or don't want to complete the 5K. All ages may participate. Course map available online at www.madisonareaymca.org.

AMENITIES: 5K runners and 1-mile fun runners/walkers will receive a t-shirt (while supplies last). Water and portable bathrooms are available at check-in. **No locker rooms or indoor restrooms will be available.** Food and drink will be available after the race. Race results will be available online at www.compuscore.com.

CONTACT: For race information, contact the Madison Area YMCA at 973-822-9622 x2281; Jennifer Casanova: jcasanova@madisonymca.org or visit www.madisonareaymca.org.

5K AWARDS: First overall male and female; first male and female 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over

5K TEAMS: Corporate (male, female and coed) and open teams. No team changes day of the race. You may enter as many teams as you like. There is no additional charge for team entries.

PACKET PICK UP: Monday, May 15, from 8AM-8PM, at Madison Area YMCA's Family Center, 111 Kings Road, Madison, NJ.

NO DOGS, NO ROLLER BLADES, NO SCOOTERS AND NO BICYCLES. PLEASE NO STROLLERS FOR THE 5K.

5K & Fun Run

5K Individual Runner	\$27
Early Registration*	
5K Individual Runner	\$32
Registration	
1-Mile Family Fun Run/Walk**	\$8
Early Registration*	
1-Mile Family Fun Run/Walk**	\$10
Registration	

No refunds or substitutions.

*Early registration postmarked by May 7, 2017.

**Children under age 8, free for Fun Run only.

USATF Members: \$3 discount pre-entry only.



North Jersey
2017
Grand Prix



USATF
NEW JERSEY
500 Point Event

ENTRY FORM

Please print legibly or type.

Please mail this application with check payable to: **Madison Area YMCA**
The Mind Matters 5K, Madison Area YMCA, 111 Kings Road, Madison, NJ 07940

Online registration link:
<https://register.compuscore.com/TheMindMatters5k>

I AM REGISTERING FOR THE: **5K RUN** **FAMILY FUN RUN/WALK**

Last Name		First Name	
Address	City	ZIP	Phone Number
Date of Birth	Age	Gender	Email Address
2017-USATF-NJ#		T-Shirt Size	
Corporation		Team Name	
Team Captain		Team Captain Email or Phone	

(Parent or guardian if under 18 years old) I know that running a road race is a potentially hazardous activity. I should NOT ENTER and run 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 run. I assume all risks associated with running in this event included but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. In consideration for my entry I do hereby for myself, and anyone entitled to act on my behalf, agrees to indemnify, defend and save harmless each of the following entities: Open Spaces Management Association, GRC Management Corp., Lincoln Equities LLC, Giralda Farms RE LLC, Linque Management Company, Inc., American Realty Capital, RXR Realty LLC, REX 1 Giralda Farms SPE LLC, 3 Giralda Farms SPE LLC, Madison Giralda Property Owner LLC, Normandy Real Estate Partners, County of Morris, Morris County Parks Commission and Township of Chatham, and the owners, affiliates, officers, directors, members, managers, employees, agents, and subsidiary companies of each (collectively, the "Indemnified Parties") from and against all liabilities, obligations, damages, penalties, claims, costs, attorney's fees, charges and expenses, citations, suits, actions and judgements, of any nature whatsoever including, but not limited to, indemnification for claims arising from death, personal injury or damage to property from whatever cause that occurs in connection with the use of the grounds located at Giralda Farms or any part thereof by the undersigned, its employees, agents, contractors, attendees and invitees.

Signature: _____ Date: _____

