

October 13, 2019

16th Annual Conquer the Mountain 5K

All proceeds go directly to Lopatcong, Phillipsburg, Greenwich and Pattenburg Emergency Rescue, as well as Stewartsville, Pattenburg, Harmony, Huntington and Quakertown Fire Houses.



Event Details

Find more info at www.ctm5k.com

Running/Walking Route (3.2 miles):

1. Start at Union Twp School (165 Perryville Road, Hampton, NJ 08827)
2. Travel on Perryville Road to cross over to Route 173 (make left onto Rt. 173)
3. Travel up Route 173 (run on Eastbound shoulder of road)
4. End at Jugtown Mountain Camp Site

Parking: American Spirits Roadhouse, 1090 State Route 173, Asbury, NJ 08802

Registration (Day of Race): 7:30 AM - 8:30 AM at Union Twp School

Race Start Time: 9:00 AM

Non-Refundable Entry Fee: \$25 (includes event t-shirt if paperwork/fee received by September 14th)

- Make Checks Payable to: U.S. Family Martial Arts

To Register: Detach and return entry form with check to:

- U.S. Family Martial Arts, 101 Foch Blvd, Phillipsburg, NJ 08865

Questions? Contact U.S. Family Martial Arts at 908-213-9477 or email usfamilymartialarts@gmail.com

Entry Form – Please detach & return with entry fee.

Name: _____	Age Group:
Address: _____ _____	<input type="checkbox"/> 4 - 6 Yrs. Old <input type="checkbox"/> 36 - 45 Yrs. Old
Phone Number: _____	<input type="checkbox"/> 7 - 12 Yrs. Old <input type="checkbox"/> 46 - 55 Yrs. Old
Email: _____	<input type="checkbox"/> 13 - 17 Yrs. Old <input type="checkbox"/> 56 + Yrs. Old
Date of birth: _____	<input type="checkbox"/> 18 - 35 Yrs. Old
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	T-Shirt Size (<i>ONLY if Submitted by September 14th</i>):
	Child: <input type="checkbox"/> M <input type="checkbox"/> L
	Adult: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL

Release:

"If necessary, I hereby authorize the above name participate to be treated by any qualified, licensed medical personnel."

"I know that competing in a road race is a potentially hazardous activity. I should not enter and compete 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 participating in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release U.S. Family Martial Arts, Township of Union, Township of Bethlehem, and the Town of Bloomsbury, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of 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."

Signature: _____ **Date:** _____

(Parent signature required if participant under 18 yrs old)