



ASKIN & HOOKER, LLC.
ATTORNEYS AT LAW
Lake Mohawk
End of Summer Run

www.LaborDay5K.org



RUN/WALK Starts: 9:00 AM—Monday September 5, 2022
Pre-Race Packet Pickup: Sunday September 4, 2022 4-6 PM on the Boardwalk
Tri-State Chip-Timed Event



TROPHIES: TOP 3 MALE & FEMALE 5K
60 MEDALS FOR MALE/FEMALE: 7-12, 13-14, 15-19, then 10 YR AGE GROUPS 20 - 80+
Top Three Largest Team Awards—Strollers welcome, no pets please!
5K Participants receive SHORT SLEEVE T-Shirts (weather wicking)
& GOODY BAG while supplies last



Start/Finish begins at the Rock Arch (next to the Boardwalk)
Parking adjacent to Lake Mohawk Country Club—21 The Boardwalk, Sparta, NJ 07871

5K Run/Walk Registration Fees:

\$30 Regular Registration (until August 26th)
\$35 (through Race Day)—Late Registration begins at: 7:30 AM - 8:45 AM on Race Day
\$25 Regular Registration per person - Team Rate (minimum 5 non-gender specific— August 26th)
\$30 Late Registration per person - Team Rate (minimum 5 non-gender specific—After August 26th)
\$3 discount for 2022 USATF-NJ Members by August 26th



Registration form fields: Age on Race Day, Birth date, Gender, Shirt Size, Last Name, First Name, Street, City, State, Zip, Phone, E-mail, 2022 USATF-NJ#, Corp Co-ed Team, Open Co-ed Team, 5K Run/Walk, Team Name

FOR RACE INFORMATION:
Call
Askin & Hooker
973-729-7711
Or Email
ahlabordayrun@gmail.com

Checks payable to: Labor Day 5K, Attn: Askin & Hooker, LLC—200 Woodport Road - Suite A, Sparta, NJ 07871
Payment Enclosed: Cash _____ Check # _____

In consideration of your acceptance in the Askin & Hooker Labor Day 5K Run/Walk, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administration, waive and release any and all right and claims for damages, and hold harmless, any sponsoring organization (Township of Sparta, County of Sussex, Lake Mohawk Country Club, Lake Mohawk Preservation Foundation, Askin & Hooker, LLC Attorneys at Law, RunSignUp.com, and co-sponsors, their representatives, successors, agents, servants or employees, and assignees for any and all injuries suffered by me in said run. 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 the Askin & Hooker Labor Day 5K to use photos that may include myself for promotion and 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 _____ Date: _____ Bib # _____
Parent/Guardian for Child under 18 years old