



ASKIN & HOOKER, LLC.
ATTORNEYS AT LAW
Lake Mohawk

End of Summer Run

www.LaborDay5K.org



500 Point Event

RUN/WALK Starts: 9:00 AM—Monday September 4, 2023
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 a T-Shirt (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



Age on Race Day _____ Birth date: ____/____/____ Male _____ Female _____

Shirt Size (adult size): S M L XL XXL

Last Name _____ First Name _____

Street _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

2023 USATF-NJ# _____ Corp Co-ed Team of 5 or more Open Co-ed Team of 5 or more

5K Run/Walk _____ Team Name _____

FOR RACE INFORMATION:

Call

Askin & Hooker
973-729-7711

Or Email

ahlabordayrun@gmail.com

For Online
Registrations Visit

www.LaborDay5K.org

***Online Registration Closes
Sunday, September 3rd
@ 12 noon**

Checks payable to: Labor Day 5K,

Mail to 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