

# GM5M

## George Morris 5 Miler & 5K

Sun. 2/26/2023

1:00PM



Please join us for this race to honor long-time runner and running advocate George Morris. Proceeds to provide summer and winter series runs to promote running and healthy lifestyle throughout the community.

**Location:** Harrison G. Shaw Sr. Bike Trail, Glassboro, NJ US 08028 (no bathroom facilities on site).

**Payment:** Venmo: @sjtca2020, Cash, or Check

**Entry Fee \$25**

**Awards: \$100 to the overall male and female winners.**

**10 year age groups**

**Post race Jamaican cuisine**

**Information:** Contact Ringo Adamson 856-904-3543 or [tuffgangrunning@yahoo.com](mailto:tuffgangrunning@yahoo.com)

---

**CHECKS PAYABLE:** Tuffgangrunning or Venmo @sjtca2020

**MAIL TO:** c/o Derick Adamson

112 Nursery Drive

Glassboro, NJ 08028

---

### ENTRY FORM – GEORGE MORRIS 5 MILER & 5K

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone w/area code \_\_\_\_\_ AM - PM Race Day Age \_\_\_\_\_ GENDER: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ email address: \_\_\_\_\_

Race: 5 Miler \_\_\_\_\_ 5K \_\_\_\_\_

Wavier & Release . . . All Participants Must Sign

In consideration for accepting this entry, and the granting of the right to participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heir, personal representatives, successors, and assignees, waive and release any and all claims for losses and damages I may have against Ike Willis 5K organizers, Town of Glassboro, Partners, Officers, Sponsors, all representatives, successors, and assignees and/or any other person whomsoever for any and all injuries, illness, including death, that my result from my participation in said event. I represent and affirm that I am in proper physical condition to participate in this event, and verified by a licensed physician, and have sufficiently trained for the completion of this event. THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNED THIS RELEASE AND WAIVER.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian Signature required if entrant is under 18 years of age)