

# Shore Running Experience Milers' Night

Hosted by Monmouth University and  
Runner's High at the MAC



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Wednesday, Feb. 24, 2016  
Seeded 1 Mile Heats Starting at 6:30 PM

For more information contact Tina Forgach at [cpforgac@monmouth.edu](mailto:cpforgac@monmouth.edu)

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Hosted by Monmouth University and  
Runner's High at the MAC  
Wednesday, Feb. 24, 2016

1 Mile Heats Starting at 6:30 PM (seeded slow to fast)  
Individual Athlete Entry & Release –  
\*\*\* - **Pre-Registration Only** - \*\*\*

\* - All unattached/club athletes will get a bib # to wear to compete.

(for all athletes competing who are NOT on a college team)

Name: \_\_\_\_\_

Club or team name: \_\_\_\_\_

Address: \_\_\_\_\_

Mile Seed Time: \_\_\_\_\_

Phone(s): \_\_\_\_\_ E-Mail: \_\_\_\_\_

**I would like to be added to your mailing list for future events:**    Yes                      No

**Circle one:**                      **WOMEN'S/GIRLS' MILE**                      **MEN'S/BOYS' MILE**

RELEASE: I know that competing in a track meet is a potentially hazardous activity, and that I should not enter & compete unless I am medically able & properly trained. I assume all the risks associated with being a participant in this event including but not limited to: falls, contact with other participants, the effect of weather & the facility, and all other related risks. Having read this waiver & accepted these conditions, I myself and anyone entitled to act on my behalf, waive & release Monmouth University, the officials, staff, meet organizers & volunteers, and all sponsors & representatives from any and all claims and liabilities of any kind arising out of my participation in this event. Further, I grant to all the forgoing persons named in this waiver to use any photographs or video recordings of this event for legitimate purposes.

Signature \_\_\_\_\_

Parent/Guardian Signature (if under 18) \_\_\_\_\_

Entry Fee - \$10 per entrant. \$100 per team per gender. Entries close on **MONDAY Feb. 22**. No entries allowed after this date. This waiver should be e-mailed to Rob DeFilippis at [runnershigh454@aol.com](mailto:runnershigh454@aol.com). For more info., contact Monmouth U. Operations Coordinator Tina Forgach at (732) 263-5779; or [cpforgac@monmouth.edu](mailto:cpforgac@monmouth.edu). You may pay in cash on race day (if you have entered in advance) or make checks payable to the Monmouth University.

**Note – competitors should wear flats or 1/8" or 3/16" pyramid spikes only (no 1/4", no needles)**