



Aviation Museum Runway 10K/5K/Fun Walk

Saturday, May 18, 2019

Race Starts @ 9:00am

500 Forrestal Road, Rio Grande, NJ 08242

Located in the Cape May Airport

Aviationmuseum@comcast.net (609) 886-8787

Cost

- \$30 Early Bird 5K participants, \$35 After April 20, 2019
- \$40 Early Bird 10K participants, \$45 after April 20, 2019 (75 Minute Time Limit)
- \$20 Registration for 5K student participants (ages 17 & under)
- \$30 Registration for 10K student participants (ages 17 & under)
- \$15 Registration for all 1 Mile Fun Walk participants

Registration

- ONLINE registration: www.usnasw.org
- MAIL: Make checks payable to: NASW Aviation Museum (Mail to address above)
- Race day registration begins at 7AM & ends promptly at 8:30AM
- In-person: Visit the Museum Office 9-5 Daily

New & Improved Amenities

- 75 Minute Time Limit
- All runners (age 21+) enjoy a sample beer from a Local Craft Brewery
- High quality race shirt (guaranteed for Early Bird registrants only)
- Water stations, snacks and EMT support available
- Unique finish through Historic Hangar # 1 !

Course

- Precisely measured 5K and 10K course
- Fast & Flat Paved course on the Cape May Airport's Runways
- Electronic timing and officiating by DelMo Sports Elite Events

Expanded Award Categories

- Male & Female Overall
- Top 3 finishers (men & women)
in age categories:

5K	10K
- 14 & under	- 19 & Under
- 15-19	- 20-29
- 20-29	- 30-39
- 30-39	- 40-49
- 40-49	- 50-59
- 50-59	- 60-69
- 60-69	- 70+
- 70+	

- Awards ceremony will be held after the race

NASW RUNWAY 10K/5K/FUN WALK RELEASE FORM (MANDATORY)

In consideration of accepting this entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during the event or while I am on the premises of the event. I understand that running a road race is a potentially hazardous activity and I should not enter unless I am healthy and properly trained. I assume all risks associated with running/walking in this event. I hereby release and hold harmless forever the NASW Aviation Museum/ Runway 10K/5K/Fun Walk volunteers, sponsors and race supervisory personnel, DelMo Sports, LLC, the Delaware River and Bay Authority, and the Cape May Airport. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings and records of this event.

Name: _____ Male or Female Age (on race day): _____

Address: _____ City: _____ State _____ Zip: _____

Email: _____

Check One: 10K Run _____ 5K Run _____ 1 Mile Walk _____

Main Phone # (needed for prize giveaway): _____

T-Shirt Size: S M L XL XXL (circle one) Tech shirts are only guaranteed for Early Bird registrants.

Participant Signature (or parent/guardian if under 18) _____