



13TH ANNUAL

Presenting Sponsor



The 5K Run will be dedicated to Officer Goodell & SSgt. D'Augustine & GySgt. Mark Hopkins

Team Competition On Line Registration Only

Pre-race pick up bib, shirt & goody bags at Waldwick Ambulance Corps Sat., May 2, 3:30 - 5:30 p.m.

Commemorative Tech Tee Shirts for Paid Entries Only

Special First Place Awards Top Male & Female Waldwick Resident

Rain or shine No refunds will be given

Awards 5 Year Age Brackets Male-Female ages 9 & Under - 75-80+

Goody bags to the first 400 registered runners/walkers

5K RUN AND 1 MILE WALK

Date: May 3, 2020
Location: Waldwick High School Track & Field
Registration: 7:30 a.m. - 8:45 a.m. at the Waldwick High School Track 155 Wyckoff Avenue
Race Time: 5K Race: 9:00 a.m. 1 Mile Fun Walk: 9:15 a.m.
Course: 5K certified course and sanctioned by the USATF
Course Description: Fast, rolling hills, scenic park, track finish
5K Entry Fees: \$28.00 registration received by April 24th \$35.00 registration after April 24th or on day of race. Commemorative t-shirts to all pre-registered and post-registered (while supplies last)
1 Mile Fun Walk: \$28.00 received by April 24th \$35.00 after April 24th and on day of race Children 10 years old and younger free for **1 mile walk only**. Group discount available for 5+ entries (by mail only) received by April 24th \$25.00 after the 24th \$32.00

No strollers, hoverboards, pets, roller blades, bikes, or skateboards during the 5K Run. Strollers will be permitted during the 1 Mile Fun Walk

OFFICIAL ENTRY FORM

REGISTER ON LINE AT: runsignup.com/Race/NJ/Waldwick/WaldwickChamberofCommerce5K

ONE ENTRY PER APPLICATION

WHICH EVENT(S) WILL YOU BE PARTICIPATING IN: 5K RACE 1 MILE WALK
 PLEASE CHECK T-SHIRT SIZE: S M L XL

Last Name _____ First Name _____
 Address (street) _____
 Town _____ State _____ Zip _____
 Phone _____ E-Mail _____
 Sex M / F *Age (on race day) _____ Birthdate _____

Waiver: Please Read Carefully and Sign: In consideration of the acceptance of the application for entry in the Waldwick Chamber of Commerce 5K Run and 1 Mile Fun Walk, I the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Waldwick Chamber of Commerce, the Borough of Waldwick, race sponsors, and any person or entity associated with the race from any claims for damages of any nature arising out of my participation in this event. Further, I recognize that I must be in good health and of sufficient training and experience in order to participate in the event. I also give permission for the use without fee, of my name and picture in any broadcast, telecast or print media account of this event for promotional or publicity purposes. I further acknowledge that I have read and accept these conditions under which my entry is made.

Participant's Signature _____ Date _____
 Signature of Parent or Guardian if child is under the age of 18 _____

2020 USATF--NJ members are eligible for a \$3 per entry discount.

Make checks payable to: WCOC
Mail Form and Entry Fee to: Waldwick Chamber of Commerce P.O. Box 323, Waldwick, NJ 07463

Contact & Registration Kim Manziano
 201-286-1627
 info@waldwick5k.com

For additional information and directions, see waldwick5k.com