



North Jersey
2017
Grand Prix



Total Health Associates
Dr. Stephen Jones

5K RUN AND 1 MILE WALK

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

Pre-race pick up bib, shirt & goody bags at Waldwick Ambulance Corps Sat., May 6, 3:30 - 6 p.m.

Special First Place Awards Top Male & Female Waldwick Resident

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

Date: May 7, 2017
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 28th \$35.00 registration after April 28th 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 28th \$35.00 after April 28th 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 28th \$25.00 after the 28th \$32.00

Team Competition On Line Registration only Special First Award Top Military Top First Responder

Tee Shirts for Paid Entries Only

Rain or shine No refunds will be given

Goody bags to the first 400 registered runners/walkers

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 _____
 Military First Responder
 ID# _____

GROUP/TEAM NAME

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 _____

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

Contact & Registration Drop-Off: Kim Manziano Kallman Travel Services 20 Harrison Avenue, Waldwick, NJ 201-286-1627 • info@waldwick5k.com

Additional Information & Directions on waldwickchamber.com