



ALLENDALE RECREATION COMMISSION Presents 5K Run and 1 Mile Fun Run/Walk

In memory of ARC Coach Ken Crowley

Sunday, May 16, 2010 9:00 am at The Red Barn



Race: Flat/moderate hill course. Some portions of course are not paved.

Computerized Results. USATF certified course #NJ09014LMB

Time: 9 AM 5K RUN/WALK *** 10:00 AM 1 MILE FUN RUN/WALK

Place: Event will begin and end at The Red Barn, Crestwood Park

Awards: Awards for the top finishers in age categories

Entry Fee: 5K - \$15 pre-registered, \$20 day of race.

1 Mile Fun Run/Walk - \$10 pre-registered, \$15 day of race

(T-shirts provided to first 200 5K registrants)

Packets: Pick up Race Packets Sat. May 15th from 4-6 PM at the Red Barn or

Sun., May 16th from 7:30-8:30 AM

Registration: Mail check payable to ARC and this Entry Form to:

Amy Wilczynski, 6 New Street, Allendale, 07401 or register online at www.arcsports.org



ENTRY FORM

T-Shirt Size (Circle one): Youth-M Youth L Adult S Adult-M
Adult-L Adult-XL Adult XXL

Name: _____

Birth Date _____ Age on Race Day: _____

Address: _____

City _____ State: _____ Zip _____

Phone: _____ E-mail: _____

Circle one of the following divisions:

Circle one: 5K or Fun Run

Circle one: Female or Male

8 and Under; 9-10; 11-12; 13-15; 16-20; 21-35; 36-39; 40-49; 50+

Participation award given to all Fun Run/Walk registrants.

For and in consideration of the acceptance of my entry in the ARC Run to be held on May 16, 2010, I agree and certify that I am physically fit, have sufficiently trained for, and am physically capable to participate in the 5K event and/or the 1 Mile Run. I understand that participation in this race is an inherently dangerous activity and the risks of participation include, but are not limited to, death and serious bodily injury. I assume all risks associated with participating in this event, including but not limited to, the weather; conditions of the road and other race area surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and other runners. For myself, my heirs, my administrators and executors, I hereby forever waive, release and discharge the ARC its directors, officers and members, the City of Allendale, NJ and all of its various departments, employees and officials including all race sponsors, officials, participants, organizers, planners, volunteers from any injuries sustained arising out of my association with, entry in, or participation in this road race and any pre-, post-, or other race related activities.

Parent's Signature, if under 18 years _____ Date: _____

Runner's Signature _____ Date _____

QUESTIONS:
Call Amy (201) 236-4874
Visit WWW.ARCSPORTS.ORG

