



**14th Annual 5K Run/Walk
Bergenfield Community Center
9th Annual 1 Mile Fun Run**



Sunday, November 13th, 2011

5K Start 10:15 AM /Fun Run Start 9:15 AM

Place: Bergenfield High School

****Pasta Dinner!! Saturday, November 12, 2011****

Long sleeve t-shirts for all pre-registered runners as well as runners who register the day of the race while supplies last. Organizations registering a team of 5 or more by 10/25/11 will have their team name printed on their shirts! We will have trophies for the top 3 male and female Bergenfield residents. Trophies will also be awarded to the top 3 male and female runners overall and in 12 different age groups. For information, call Mark at 201-385-9539 or BestRace.com.

Mail applications to:

**Bergenfield Community Center Building Fund- 50 Home Place Bergenfield, NJ 07621
Online Registration at Bergenfield 5K.com**

1 Mile Fun Run Sponsored by Blue Dragon School of Martial Arts

All children up to 8th grade who run the 1 mile will receive a trophy and a t-shirt.
First 100 people who register receive a nylon sling bag from Blue Dragon School.

**ALL PRE-REGISTERED RUNNERS ARE INVITED TO A FREE PASTA DINNER AT
THE BERGENFIELD ELKS LODGE-40 WEST CHURCH STREET NOVEMBER 12
5-8PM REGISTRATIONS ACCEPTED AT THE DOOR!**

**Register for dinner (name and number of people) bergenfield5kpastadinner@gmail.com
NOT RUNNING BUT LOVE PASTA? JOIN US! TICKETS - \$5 EACH.**

Please print or Type. One applicant per application, can be copied if necessary.

First Name: _____ Last Name _____

Address: _____

City: _____ State _____ Zip _____ Phone _____

Email: _____ Shirt Size _____

Age on Race Day: _____ Sex _____ Date of Birth _____

2010 USATP-NJ # _____ School/Organization _____

	Pre-Registration	Race Day
5K Run/Walk	\$18	\$20
USATF#	\$15	\$18
Bergenfield Student	\$12	\$15
Fun Run ADULT	\$ 8	\$10
Fun Run CHILD	\$ 5	\$ 8

___ 5K Run/Walk
___ 5K Run USATF member ___ 5K run Bergenfield Student
___ Fun run adult ___ Fun run child

Please read the following waiver and sign below before submitting entry:
I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. Assume all risks associated with running in the event including, but not limited to falls, contacts with other participants, the affects of the weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Bergenfield Community Center Building Fund and all sponsors, their representatives from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the person named in this waiver.

Signature: _____ Date: _____

Fun Run free if registered for 5K

Parents signature _____ Date: _____
(if under 18)

Checks payable to: Bergenfield Community Center Building Fund No inline skates, bicycles, or pets – No refunds rain or shine