

HAWORTH

5K run
5K walk



SATURDAY, SEPTEMBER 20, 2014

Presented by the Haworth Road Runners Association, Inc.

USATF-NJ CERTIFIED & SANCTIONED FIRST LEG OF THE NORTHERN VALLEY TRIPLE CROWN

Check-in Location

- 142 Terrace Street
Haworth, NJ 07641
- Rain or Shine

Schedule

- 8:00 am - Check-in Begins
- 8:45 am - Fun Run
- 9:30 am - 5K Run/Walk Begins
- 10:30 am - Awards

Awards

- Top Three Male and Female Finishers Overall
- Five Year Age Groups - 1st Three Finishers;
9 & Under to 85 & Over
- Top Five Male and Female Haworth Finishers

Northern Valley Triple Crown

- Trophies to top 5 fastest male & female participants running in 2014 Haworth 5K, Norwood 5K & Harrington Park 5K
- Norwood 5K - Saturday, October 25, 2014, 9:30 am
- Harrington Park 5K - Saturday, November 15, 2014, 10:00 am
- Trophies awarded at Harrington Park 5K

Course/Amenities

- USATF Certified & Sanctioned
- Timing & Scoring by Best Racing Systems
- Mile split times
- Multiple water stops • Race T-shirt and Race Packet to first 500 Pre-Registrants and while supplies last
- Post Race Refreshments

Additional Information

- Email info@haworth5k.org
- www.haworth5k.org for registration
- Call Heather Pavell at 201-314-8656

ONLINE REGISTRATION: WWW.HAWORTH5K.ORG
MAIL-IN: HHRA, PO Box 232, HAWORTH, NJ 07641

LAST NAME _____ FIRST NAME _____

STREET _____

CITY _____ STATE, ZIP _____

PHONE _____ EMAIL: _____

SEX: M F AGE ON RACE DAY _____ DOB _____ 2014 USATF-NJ# _____

Haworth 5K Fees

- \$25 by 9.17.2014
- \$22 USATF-NJ Member by 9.17.14
- \$30 after 9.17

Triple Crown Race Fees

- \$75 by 9.17.2014
- \$66 USATF-NJ Member by 9.17.14
- \$80 after 9.17

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR HEIRS, EXECUTORS, ADMINISTRATORS AND MYSELF, WAIVE ANY CLAIM THAT I MAY HAVE AGAINST THE BOROUGH OF HAWORTH, THE HAWORTH ROAD RUNNERS ASSOCIATION, THE HAWORTH VOLUNTEER AMBULANCE CORPS, THE HAWORTH POLICE DEPARTMENT, USATF OR THEIR REPRESENTATIVES, SUCCESSORS OR ASSIGNEES FOR ANY INJURIES THAT MAY BE SUFFERED BY ME IN THIS EVENT. I CERTIFY THAT I AM IN PHYSICAL CONDITION FOR THIS EVENT. I GIVE MY FULL PERMISSION TO THE HHRA TO USE ANY PHOTOGRAPHS, VIDEOTAPES OR OTHER RECORDINGS OF ME THAT ARE MADE DURING THE COURSE OF THIS EVENT IN ANY NEWS MEDIA. FOR THOSE PARTICIPATING IN THE TRIPLE CROWN, THIS WAIVER ALSO INCLUDES THE BOROUGH OF NORWOOD AND HARRINGTON PARK AND ALL OF THE GOVERNMENT AND NON-PROFIT ORGANIZATIONS AND VOLUNTEERS INVOLVED IN THOSE RACES.

T-Shirt Size

Small Medium
Large X-Large

SIGNATURE (PARENT OR GUARDIAN) _____

DATE _____