

Last Name _____ First Name _____

Street _____

City _____ State _____ Zip _____

Phone _____

Total Pledge Money Enclosed

\$ _____

Individuals may turn in donations at Hoboken Catholic Academy during packet pick-up or on race day. Do not combine pledge donations with entry fees. Include all pledge donations with pledge forms.

Kids Day Sponsor



70 Hudson St Hoboken, NJ 07030
(201) 386-5600
<http://greenrockhoboken.com/>

HCA Friends & Family Sponsors



625 Washington Street Hoboken, NJ 07030
phone: 201-659-5699
<http://www.defalco.com/>



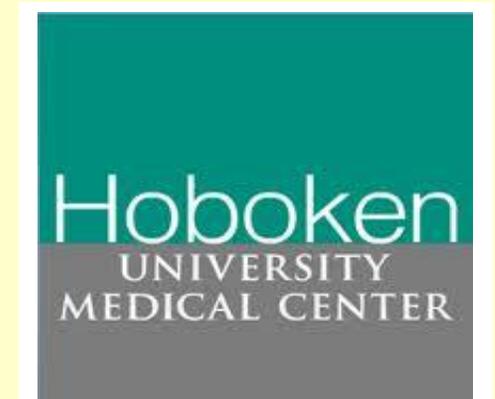
Flett Exchange, LLC.
15 Exchange Place Suite 710
Jersey City, New Jersey, 07302
Phone: 201-209-0234
<http://www.flettexchange.com/>



www.morganstanleyclientserv.com/



Sponsored by:



Race Date & Start Time

Saturday, June 1, 2013
9:00 A.M. Runners
9:10 A.M. Walkers
11:00 A.M. Kids Dash

Race Start Location

Pier A Park
Frank Sinatra Drive & Third Street
Hoboken, New Jersey

Entry Fees, Registration & Donations

\$10 Kids Dash
\$25 Early Registration-postmarked by May 20, 2013
\$30 Late or Race Day Registration
\$65 Family Early Registration-includes 2 adults and 2 children (ages 3-17)

Online Registration available at www.active.com

Get Sponsors. Help HCA Reach Their Goal!
Ask you family and friends to help support you and Hoboken Catholic Academy. Obtain sponsors via www.activegiving.com

Packet Pickup & Registration

Walk-in registration as well as packet pickup for those who registered early will be available:
Wednesday, May 29th from 3pm to 7pm, at
Our Lady of Grace Hall
422 Willow Ave, Hoboken NJ

Race Day registration and packet pickup will be available from 7am-8am, at Pier A.

Awards

Trophy for:
Overall 1st, 2nd, 3rd Place Male & Female
1st Place HCA Mother, 1st Place HCA Father
1st, 2nd, 3rd Place HCA Student (5K runner only)
Runners Award Ceremony 10:30 A.M.
All children participating in Kids Dash-Medal

Additional Information

Strollers will be allowed on the Walk only. Dogs or bikes are not permitted.

Pre-Race warm up stretch by Ashley Ntansah from Play Fitness Performance Training.

The Play Fitness Youth Program incorporates the use of body weight exercises, mini hurdles, resistance bands, agility ladders, ropes etc. to creatively challenge the kids. We also play fun games like Soccer, Flag football, Flag Tag, Captain's Ball, Dodge Ball, Tug-of-War, Potato Sack Race etc. to achieve optimum results. We also offer one on one training.

Email: ashley@playfitnesspt.com



For more information on the HCA Run or to read more about Hoboken Catholic Academy, please visit www.hobokencatholic.org. or email: HCA5KRUN@gmail.com

Please print clearly. Use a separate form for each entry. Copies are acceptable.

Please check one: 5K 5K Walk Kids Dash

Date of Birth: _____ Age on Race Day: _____
 Male Female
 HCA Mother HCA Father HCA Student

Name: _____
Address: _____
City/State/Zip: _____
Phone: _____
Email: _____

I have enclosed (please check one):

\$10 Kids Dash
 \$25 Early Registration-postmarked by 5/20
 \$30 Late or Race Day Registration
 \$65 Family Registration (2adults 2 children, must copy form for each participant.)

In consideration of your accepting this entry, I release for myself, for my heirs, executors and administration, all parties involved in the planning or staging of the 5K Run/Walk for HCA(HCA Run)(including their representatives, officials and sponsors) from, and hereby waive, any and all claims, demands, liabilities, damages or causes of action of any nature whatsoever, including claims for death, injury or illness arising out of my participation in the HCA Run/Walk. I attest and verify that I am physically fit and have sufficiently trained for this event. Further, I hereby grant full permission to any and all of the foregoing to use my photograph or any other record of the event for any legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign. The official race director reserves the right to reject entry.

Signature of Entrant or Parent/Guardian Signature

Enclosed is a tax deductible donation to the HCA Run.
Make checks payable to:
Hoboken Catholic Academy
555 7th Street, Hoboken NJ 07030
For more information, please email: HCA5KRUN@gmail.com