



Rochelle Park 5K Run / Walk
Sunday, September 29, 2013, 9:00 a.m.

<http://RochellePark5k.com>

Course Description

The 5-kilometer (3.1 mile) loop course starts and finishes at Midland School #1 on Williams Street. The route is flat and is certified to be accurate by USA Track & Field NJ.

Entry Fee and Awards

\$22 pre-registration until September 26, 2013, \$30 post – entry and on race day. T-shirts to first 200 participants based on availability. **Entry fee is non refundable.** Proceeds benefit the educational endeavors of the children of Rochelle Park and local community organizations. Awards to Top Overall Male/Female and. RP Student awards, and age group awards.

On-line Registration and In-Person Registration Only. To register on-line, please go to WWW.ROCHELLEPARK5K.COM. For in-person registration, PLEASE SEE DETAILS BELOW.

Early Bib Number Pick-Up and In-Person Registration

At Midland School #1, 300 Rochelle Ave., on Friday, September 27th from 3:00 to 6:30 p.m. and on race day from 7:00 to 8:30 a.m.

Parking

Parking available in the school parking lot, Knights of Columbus, Bergen County Park/Swim Club parking area, and local streets.

OFFICIAL RACE ENTRY FORM

Enter all information below, including shirt size, and sign waiver, which is required to participate.

Name _____ Age _____ Male Female
Address _____ City/State/ ZIP _____
Date _____ Email address: _____

I am registering for the: 5K Run 5K Fitness Walk

Shirt Size: S M L XL

ENTRY FEE ENCLOSED: \$ _____

E-mail for more information: info@rochellepark5k.com

Official race website: www.rochellepark5k.com

Like us on facebook: <https://www.facebook.com/RochellePark5k>

RACE WAIVER – PLEASE READ AND SIGN TO PARTICIPATE

WAIVER In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors waive all rights and claims for damages which may hereafter accrue to me against Township of Rochelle Park, Rochelle Park Board of Education, Rochelle Park PTA, the race, and the race sponsors upon which I am entering, any subsidiary or political division thereof, its or their respective officers, agents, representative, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the event as is mentioned above. If I should suffer injury or illness I authorize official of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the forgoing to use any photography, videotapes, motion pictures, recordings or any other record of this event for any purpose. Bicycles, dogs, inline/roller skates, are prohibited.

Signature of participant

Signature of parent/guardian of participant under 18