

# Watchung Hills Regional Municipal Alliance

## 2016 Great Pumpkin Certified 5K Run and 1 Mile Fitness Walk



WHRMA is a volunteer organization concerned about the consequences of DRUG & ALCOHOL ABUSE in our communities of:

Warren Township, Watchung Borough, Long Hill Township, & Green Brook Township.



STATE OF NEW JERSEY  
GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE

<b>DATE: Saturday</b>	<b>LOCATION:</b>	<b>ENTRY FEE due</b>
<b>November 5</b>	<b>WATCHUNG LAKE</b>	Received on or Before Oct. 14th -
Registration 8:00 am.	Mobus Field -Brookdale Road	\$20.00 run \$12.00 walk
Race Start: 9:00 am.	Watchung, NJ	Received After Oct 14 <sup>th</sup>
		\$25.00 run \$15.00 walk

### 5K Prize Categories

Medals First, Second & Third Place Winners			Awards:
Women	Men		Children
15-19	40-49	15-19	40-49
20-29	50-59	20-29	50-59
30-39	60 & Over	30-39	60 & Over
		14 & Under	

**Register by 10-14 - Long sleeve T-shirts after 10-14 T-shirts while supplies last.**

**Prize: Overall Male and Female Adult Winners**  
\$50.00 gift certificate & medal

**MAKE CHECKS PAYABLE TO: WHRMA - Watchung Hills Regional Municipal Alliance**  
**MAIL CHECKS AND APPLICATION TO: WHRMA 108 STIRLING RD., WARREN, NJ 07059**  
 Questions call : Carolyn Seracka 732-968-1051 ext. 3 or Jack Walsh 908-561-8883  
**On-site & on-line registration available [www.bestrace.com](http://www.bestrace.com) or [www.runningintheusa.com](http://www.runningintheusa.com)**

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### THE WATCHUNG HILL REGIONAL MUNICIPAL ALLIANCE 2016—5K RUN OR 1 MILE WALK REGISTRATION APPLICATION

Last Name		First Name	
E-MAIL Address		Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	
Home Address		Age as of Nov. 5, 2016	
City/Town	State	Zip Code	
Home #	Cell #	Birthdate	
Activity: <input type="checkbox"/> Runner <input type="checkbox"/> Walker <input type="checkbox"/> Wheelchair <input type="checkbox"/> Donation			
Long Sleeve T-Shirt size (adult) <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> Extra large			

**Acceptance declaration:**

- I hereby acknowledge for myself and/or my participating child, that I, my child's or mine/their heirs, executors and administrators waive and release any claims that may arise against The Watchung Hills Municipal Alliance and Watchung Hills Regional High School or their representatives or volunteers, successors or assignees for any injuries that may be suffered by me or by my child during this event.
- I further certify that I and/or my child are physically able to participate in this event.
- I further authorize the use of my name/photo or my child's name/photo for event publicity.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Signature ( Parent/Guardian signature if under 18)

Dear Parents, Guardians and Students,

The Watchung Hills Municipal Alliance  
each year directly supports  
our Green Brook Township School District students  
with multiple educational grants.

The "Alliance" is having a  
"1 Mile Family Fitness Walk or Certified 5 K Run"  
with a long sleeve t-shirt for participation.  
We are asking you to please support WHMA by  
registering and attending this event,  
which benefits your children by providing funding  
to your child's school for presentations and programs.

The "5K Run or 1 Mile Family Fitness Walk"  
on Saturday, Nov. 7th at 9 am  
around Watchung Lake

(start at Mobus Field north side of lake).

Thank you.

