



12th Annual Bergenfield
 Community Center 5K run/walk
 7th Annual 1 Mile Fun Run
 Sunday, November 15th, 2009
 5K – 10:15 AM Fun Run - 9:15 AM
 Place: Bergenfield High School



5K Info:

This year we are again distributing long sleeve t-shirts to 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 10/25/09 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. Raffles and refreshments will also be distributed. For other information on either run, call Mark at 201-385-9539 or go to BestRace.com. Mail applications to:

Bergenfield Community Center Building Fund
 50 Home Place
 Bergenfield, NJ 07621

Sponsored by:

1 Mile Fun Run info:

This is our seventh year having the 1 mile fun run.
 All children up to 8th grade who run the 1 mile will receive a trophy and a t-shirt.
 Sponsored by: Blue Dragon School of Martial Arts

Online Registration at Bergenfield 5K.com

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

First Name: _____ Last Name _____

Address: _____

City: _____ State _____ Zip _____ Phone _____

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

2009 USATF-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
 ___ Fun run adult

___ 5K run Bergenfield Student
 ___ Fun run child

Signature: _____ Date: _____

Fun Run free if registered for 5K

Parents signature _____ Date: _____
 (if under 18)

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

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 associate 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.