



# WALDWICK Chamber of Commerce

## 3RD ANNUAL



Presenting Sponsor



**Pasta Dinner**  
Sat., April 24th  
4 - 7 PM  
Waldwick  
Ambulance Corps  
\$7.00 Before April 15  
\$10.00 After April 15

**Pre-race pick up bib, shirt & goody bags at Waldwick Ambulance Corps**  
Sat., April 24, 4 - 7 p.m.

**Post race refreshments**

**Race results will be available on www.Bestrace.com**

**Proceeds to benefit the community of Waldwick**

# 5K RUN AND 1 MILE WALK

**Rain or shine No refunds will be given**

**Date:** April 25, 2010  
**Location:** Waldwick High School Track & Field  
**Registration:** 7:30 a.m. - 8:45 a.m. at the Waldwick High School Track Wyckoff Avenue & Hopper Avenue  
**Race Time:** 5K Race: 9:00 a.m.  
1 Mile Fun Walk: 9:30 a.m.  
**Course:** 5K certified course and sanctioned by the USATF  
**Course Description:** Fast, rolling hills, scenic park, track finish  
**5K Entry Fees:** \$20.00 registration received by April 15th  
\$25.00 registration after April 15th or on day of race  
Race day T-shirt to all pre-registrants and post-registrants (while supplies last)  
**1 Mile Fun Walk:** \$15.00 received by April 15th  
\$20.00 after April 15th and on day of race

**We are collecting canned food for Emmanuel Cancer Foundation**

*No pets, roller blades, bikes, or skateboards during the 5K Run  
Strollers will be permitted during the 1 Mile Fun Walk*

### OFFICIAL ENTRY FORM

ON LINE APPLICATION AVAILABLE AT [raceforum.com/waldwick](http://raceforum.com/waldwick)  
ONE ENTRY PER APPLICATION

WHICH EVENT(S) WILL YOU BE PARTICIPATING IN:  5K RACE  1 MILE FUN WALK  
PLEASE CHECK T-SHIRT SIZE:  S  M  L  XL  
PASTA DINNER:  YES  NO

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address (street) \_\_\_\_\_  
Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ E-Mail \_\_\_\_\_  
Sex M / F \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Birthdate \_\_\_\_\_  
ID# \_\_\_\_\_  
2010 USATF - NJ members are eligible for a \$2 per entry discount.

**Waiver: Please Read Carefully and Sign:** In consideration of the acceptance of the application for entry in the Waldwick Chamber of Commerce 5K Run and 1 Mile Fun Walk, I the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Waldwick Chamber of Commerce, the Borough of Waldwick, race sponsors, and any person or entity associated with the race from any claims for damages of any nature arising out of my participation in this event. Further, I recognize that I must be in good health and of sufficient training and experience in order to participate in the event. I also give permission for the use without fee, of my name and picture in any broadcast, telecast or print media account of this event for promotional or publicity purposes. I further acknowledge that I have read and accept these conditions under which my entry is made.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent or Guardian if child is under the age of 18 \_\_\_\_\_

**Make checks payable to:** WCOB  
**Mail Form and Entry Fee to:** Waldwick Chamber of Commerce  
P.O. Box 323  
Waldwick, NJ 07464

**Contact & Registration Drop-Off:** Kim Post  
Kallman Travel  
20 Harrison Avenue, Waldwick, NJ  
201-693-6734

Additional Information & Directions on [waldwickchamber.com](http://waldwickchamber.com)