



**WALDWICK**  
*Chamber of Commerce*  
**7TH ANNUAL**  
*Massage Envy*  
 S P A<sup>®</sup>



Presenting Sponsor

**5K RUN AND 1 MILE WALK**

*Proceeds to benefit local heart charities and the community of Waldwick*

*Pre-race pick up bib, shirt & goody bags at Waldwick Ambulance Corps Sat., May 3, 4-6 p.m.*

*B tag Chip Timing Instant Smartphone race results [www.Bestrace.com/mobile](http://www.Bestrace.com/mobile)*

**Date:** May 4, 2014  
**Location:** Waldwick High School Track & Field  
**Registration:** 7:30 a.m. – 8:45 a.m. at the Waldwick High School Track 155 Wyckoff 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:** \$25.00 registration received by April 25th \$30.00 registration after April 25th or on day of race Commemorative t-shirts to all pre-registered and post-registered (while supplies last)

**1 Mile Fun Walk:** \$25.00 received by April 25th \$30.00 after April 25th and on day of race Children 10 years old and younger free for 1 mile walk only.  
 Group discount available for 5+ entries (by mail only) received by April 25th \$22.00 after the 25th \$27.00

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

*Random prize drawings to all registered participants*

*Tee Shirts for Paid Entries Only*

*Rain or shine No refunds will be given*

*Goody bags to the first 475 registered runners/walkers*

**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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address (street) \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Sex M / F \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Birthdate \_\_\_\_\_

ID# \_\_\_\_\_

2014 USATF-NJ members are eligible for a \$3 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:** WCOC  
**Mail Form and Entry Fee to:** Waldwick Chamber of Commerce  
 P.O. Box 323  
 Waldwick, NJ 07463

**Contact & Registration Drop-Off:** Kim Manzano  
 Kallman Travel Services  
 20 Harrison Avenue, Waldwick, NJ  
 201-286-1627 • [info@waldwick5k.com](mailto:info@waldwick5k.com)

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