



ALLENDALE RECREATION PRESENTS 5K Run and 1 Mile FUN RUN

May 17, 2008 * 1:00 pm
@ *The Red Barn*



- Race:** Flat course. Some portions on field are not paved. Walkers welcome.
- Time:** 1 PM FUN RUN STARTS AT 2
- Place:** Event will begin and end at The Red Barn, Crestwood Park
- Awards:** Awards for the top finishers in age categories
- Entry Fee:** \$15 pre-registered, \$20 day of race. Includes T-Shirt
- Registration:** Mail \$15 check payable to ARC and this Entry Form to:
Amy Wilczynski, 6 New Street, Allendale.

ENTRY FORM

T-Shirt Size (Circle one): Y-L; A-XL

Name: _____ Birth Date: _____ Age on Race Day: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Circle one of the following divisions:

Female: 8 and Under; 9-10; 11-12; 13-14; 15-16; 17-18; 19-35; 36+

Male: 8 and Under; 9-10; 11-12; 13-14; 15-16; 17-18; 19-35; 36+

For and in consideration of the acceptance of my entry in the ARC Fun Run to be held on May 17, 2008, I agree and certify that I am physically fit, have sufficiently trained for, and am physically capable to participate in the 5 K event. I understand that participation in this race is an inherently dangerous activity and that risks of participation include, but are not limited to, death and serious bodily injury. I assume all risks associated with participating in this event, including but not limited to, the weather, conditions of the road and other race area surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and other runners. For myself, my heirs, my administrators and executors, I hereby forever waive, release and discharge the ARC its directors, officers and members, the City of Allendale, NJ and all of its various departments and employees and officials including the ARC BBQ Committee, and all race sponsors, officials, participants, organizers, planners, volunteers from any injuries sustained arising out of my association with, entry in, or participation in this road race and any pre-, post-, or other race related activities.

SIGNATURE:

SPONSORED BY:

Runner's Signature

Parent's Signature, if under 18 years

Date: _____

Questions: call Amy (201)236-4874 or
Visit ARCSports.org



SAVE THE DATE

ALLENDALE RECREATION COMMISSION PRESENTS

5K RUN & 1 MILE FUN RUN & BBQ

MAY 17, 2008

NEW THIS YEAR!

NEW COURSE FOR 5K

1 MILE FUN RUN FOR KIDS 8 & UNDER

COMPUTERIZED RESULTS

ONLINE REGISTRATION @ arcsports.org. Sign Up Today!

RACE STARTS @ 1PM FUN RUN STARTS @ 2PM

FUN FOR THE WHOLE FAMILY!!!!

HOTDOGS

HAMBURGERS

POPCORN

HOT PRETZELS

ICE CREAM

DUNK YOUR FAVORITE COACH

BEVERAGES

KIDS VS ADULTS SOFTBALL GAME

WIFFLE BALL

MUSIC

Moon walk

T-shirt design contest

VISIT ARCSports.org FOR MORE DETAILS