



# ALLENDALE RECREATION COMMISSION

Presents

## 5K Run and 1 Mile Fun Run/Walk

### IN MEMORY OF ARC COACH KEN KRESCH

May 16, 2009 9:00 am at The Red Barn



**Race:** Flat course. Some portions on field are not paved. Computerized Results.

**Time:** 9 AM 5K RUN/WALK \*\*\*\* 10:30 AM 1 MILE FUN RUN/WALK

**Place:** Event will begin and end at The Red Barn, Crestwood Park

**Awards:** Awards for the top finishers in age categories

**Entry Fee:** 5K - \$15 pre-registered, \$20 day of race. Includes T-Shirt  
1 Mile Fun Run/Walk - \$10 pre-registered, \$15 day of race.

**Packets:** Pick up Race Packets Fri May 15th from 6-8 PM at the Red Barn

**Registration:** Mail check payable to ARC and this Entry Form to:

Amy Wilczynski, 6 New Street, Allendale, 07401



#### ENTRY FORM

T-Shirt Size (Circle one): Youth-M Adult-S Adult-L Adult-XL

Name: \_\_\_\_\_

Birth Date \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

#### Circle one of the following divisions for the 5K:

Female: 8 and Under; 9-10; 11-12; 13-15; 16-18; 19-35; 36-39; 40+

Male: 8 and Under; 9-10; 11-12; 13-15; 16-18; 19-35; 36-39; 40+

Circle one of the following divisions for the 1 mile Fun Run  
(Medals for all runners):

Female or Male

For and in consideration of the acceptance of my entry in the ARC Run to be held on May 16, 2009, I agree and certify that I am physically fit, have sufficiently trained for, and am physically capable to participate in the 5K event and/or the 1 Mile Run. I understand that participation in this race is an inherently dangerous activity and the 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, employees and officials including 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.

Parent's Signature, if under 18 years \_\_\_\_\_ Date: \_\_\_\_\_

Runner's Signature \_\_\_\_\_ Date \_\_\_\_\_



Questions:  
Call Amy (201) 236-4874  
Visit [WWW.ARCSPORTS.ORG](http://WWW.ARCSPORTS.ORG)