


Sunday  
May 22nd  
9:30 am

29TH ANNUAL  
**Demarest5k**  
run for your health.

PRESENTING GOLD SPONSOR  
 **JOSEPH M. SANZARI  
CHILDREN'S HOSPITAL**  
HACKENSACK UNIVERSITY MEDICAL CENTER

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**Demarest Deli**  
& Ovisham Authentic  
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[www.demarest5k.org](http://www.demarest5k.org)

Non-Profit Organization  
U.S. Postage  
Bulk Rate  
Demarest NJ  
Permit No. 5

ECRWSS

Postal Patron  
Demarest NJ 07627

**DATE:** Sunday, May 22, 2011

**TIME & PLACE** The starting time for the 5K Run/Walk is 9:30AM. The Fun Run will follow the completion of the 5K event at approximately 10:30AM. The start and finish of both races will be at County Road School.

**RACE FEE** **Fun Run Free** .....(all ages – no t-shirt – no charge for registered 5K Run/Walk competitors)  
**5K Run/Walk** ..... Under 10 and Seniors \$25.00 Teens & Adults \$30.00

**AGE GROUPS**  
14-19 M&F  
20-29 M&F  
30-39 M&F  
40-49 M&F  
50-59 M&F  
60+ M&F

**GRADE PRIZES FOR  
TOP FINISHERS!**

**AWARDS**  
Top Overall Runner – M&F  
Top Demarest Runner – M&F  
Top Walkers  
1st/2nd/3rd – CRS / LLE / DMS – M&F

**DIRECTIONS**  
From Route 4 East or West: Rte 4 Grand Avenue Exit Englewood. Follow Grand Avenue heading north until it becomes Engle Street. Follow Engle Street until it ends at Hudson Street and turn left. At the first light, County Road, turn right. Follow County Road to Lake Street. Turn right on Lake, County Road School is on the left.

**REGISTRATION**  
You can register online (www.demarest5k.org), by mail (5 Old County Court, Demarest, NJ 07627) or day of the race up until 9:00AM at County Road School.

Demarest 5K Run/Walk Registration Form  
Mail to: **Demarest PTO, 32 Edward Street, Demarest, NJ 07627**  
Please make checks payable to **DEMAREST PTO.**  
Deadline for mailing entries is 5/6/11.

**FREE DRI-FIT TSHIRT  
WHILE SUPPLIES LAST**

Name \_\_\_\_\_  Male  Female Age \_\_\_\_\_  
ON RACE DAY

Address \_\_\_\_\_ Tel # \_\_\_\_\_

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

Email Address \_\_\_\_\_

Check Correct Entry:  5K Run  5K Walker  Fun Run

Check Correct T-Shirt Size:  Youth Med  Youth Lg  Adult Sm  Med  Lg  XL  XXL

Demarest Students Only:  CRS  LLE  DMS

RELEASE FORM: IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED I HEREBY FOR MYSELF, HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE AND RELEASE ANY CLAIM I MAY HAVE AGAINST THE PTO OF DEMAREST, THE BUROUGH OF DEMAREST, ITS OFFICERS AND DIRECTORS, THE ORGANIZING COMMITTEE, THE SPONSORING ORGANIZATIONS, THE COUNTY OF BERGEN, OR THEIR REPRESENTATIVES, SUCCESSORS OR ASSIGNEES FOR ANY INJURY THAT MAY BE SUFFERED BY ME AT OR IN THE EVENT. I ATTEST AND VERIFY THAT I WILL PARTICIPATE IN THIS EVENT AS A FOOT RACE ENTRANT, THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS EVENT AND MY PHYSICAL CONDITION HAS BEEN VERIFIED BY A LICENSED MEDICAL DOCTOR.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (If under 18) \_\_\_\_\_

*Unsigned Registration Forms Will Not Be Processed.*

*1 Form Per Entry – Copy for Additional Entries.*