



# 5th Annual Rover and Clover 5K Run/Walk and Dog Walk Sunday March 21, 2010

Proceeds to Benefit the Hillsdale Grammar School Technology  
Programs and the Pascack Valley High School Scholarship Fund

## Community Life

Title Sponsor

### Schedule:

7:30 Check-in  
8:45 Briefing  
9:00 5K and Walk Begin  
10:30 Awards

### Check-in

Meadowbrook Grammar School  
Piermont and Ruckman Rd.

### Starting Line:

Stonybrook Swim Club  
183 Cedar Ave

### Contacts:

Jen Haskins / Art Haskins  
(201) 664-5150  
brgnctnycoop@aol.com

### Info:

On-line Registration: [www.RaceForum.com/Rover](http://www.RaceForum.com/Rover)

Race Results : [www.bestrace.com](http://www.bestrace.com)

## Costumes Encouraged



### Entry Fees

Pre-Registration \$18.00  
Day of Race \$20.00  
Children under18 \$10.00  
**Family/Group Maximum \$50.00**

**Make Check Payable:**  
**Hillsdale 5K Run**

### Amenities:

Race T-Shirts  
(1<sup>st</sup> 200 paid participants)  
Race Packets  
Restroom facilities  
Post-race refreshments  
**Glen Rock Digital Photographer**  
**Course Certified**  
**NJ06528JHP**

### Awards:

Trophies for Hillsdale top male and female  
Trophies for top male and female  
Medals for top 3 male and female  
14- Under      30-39      60-69  
15-18            40-49      70 and over  
19-29            50-59

**Hillsdale Food Pantry Collection**  
**Paper Products and Non-perishable Food**

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**Official Entry Form –Pre Registration Ends March 5 , 2010**  
**Mail Check to: Hillsdale 5K One Winkler Way Hillsdale NJ 07642**

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

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

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

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M / F

(Circle one)

**Event:** 5K Run / Walk / Dog Walk    **T- Shirt Size:** S / M / L / XL (Adult sizes)

In consideration of this entry being accepted, I hereby for Heirs, executors, administrators, and myself waive any claim that I may have against the Borough of Hillsdale, Hillsdale Volunteer Ambulance Corps, Hillsdale Police Dept and volunteers, or their representatives, successors, or assignees for any injuries that may be suffered by me in this event. I do hereby certify that I am in physical condition for this event

**ALL DOGS MUST BE LICENSED, SOCIAL WITH OTHER DOGS AND PEOPLE.**

**Signature** \_\_\_\_\_ **Parent Signature ( under18)** \_\_\_\_\_

