



Hillsdale Chamber of Commerce
 And
Hillsdale Recreation Department
 Present the 2nd Annual
Rover and Clover
5K Run/Health Walk and Dog Walk
 Proceeds to benefit the Hillsdale School System
Sunday March 18, 2007
Community Life

Title Sponsor

Schedule:

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

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:

www.hillsdalechamber.com
 On-line Registration: www.raceforum.com



Entry Fees

Pre-Registration \$18.00
 Day of Race \$20.00
 Children under 18 \$10.00
Family Maximum \$50.00

Make Check Payable:

Hillsdale 5K Run

Amenities:

Race T-Shirts
 (1st 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

Official Entry Form –Pre Registration Ends March 2, 2007

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 / Health Walk / Dog Walk **T- Shirt Size:** S / M / L / XL

In consideration of this entry being accepted, I hereby for Heirs, executors, administrators, and myself waive any claim that I may have against the Hillsdale Chamber of Commerce and 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 WITH OTHER PEOPLE.

Signature _____ Parent Signature (under 18) _____