

# HARRINGTON PARK SPORTS BOOSTERS PRESENTS



## THE 12<sup>TH</sup> ANNUAL 5K RUN & WALK

(USATF Certified Course & Sanctioned)



### Harrington Park 5K Fall Spectacular

Proud participant in the inaugural  
Northern Valley Triple Crown

**SATURDAY, NOVEMBER 16, 2013 ❖ 10:00 AM**  
**HARRINGTON PARK SCHOOL ❖ 191 HARRIOT AVE.**  
**HARRINGTON PARK, NJ ❖ (RAIN OR SHINE)**

#### SCHEDULE:

- 8 am Day of Race Registration
- 9 am Kiddie Dash
- 9:15 am Mile Fun Run
- 10 am 5K Run & Walk Start
- 11 am Awards

#### ENTRY FEES:

- Adult Pre-Registration \$20 (up to 11/9), after \$25
- USATF-NJ Members \$17 after \$22
- Students 14 & Under \$15 after \$20
- Kiddie Dash 6 & Under \$5
- Mile Fun Run 9 & Under \$10

#### AWARDS:

- Top 3 M & F overall
- Top 3 M & F per age group in 5 year age groups, 9 & under through 80+
- Top 3 M & F HP finishers
- Top M & F HP School (K-8) student finishers
- Top M & F HP Running Club finishers
- Top 3 HP Fastest Families

#### REGISTRATION:

**Mail:** HP Sports Boosters  
P.O. Box 83  
Harrington Park, NJ 07640

**In Person:** HP School, Friday 11/15, 5 – 8 pm and  
Race Day, Saturday, 11/16, 8 am, school gym



Proceeds will support HP Sports Boosters Scholarship Awards, HP Volunteer Ambulance Corps., and Fire Dept., as well as other community and recreation organizations.

Race t-shirt to the first 500 pre-registrants, and while supplies last.

Questions? Contact Scott Litchfield, Race Director  
(201) 913-6275, [scottlitchfield1@gmail.com](mailto:scottlitchfield1@gmail.com)

**Register Online at**  
**www.HP5K.COM**

Race results will be posted at  
[www.bestrace.com](http://www.bestrace.com)

**ENTRY FORM (Make checks payable to: Harrington Park Sports Boosters) Team # \_\_\_\_\_ Bib # \_\_\_\_\_**

**Last Name \_\_\_\_\_ First Name \_\_\_\_\_ USATF-NJ # \_\_\_\_\_**

**Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_**

**Email \_\_\_\_\_ Phone \_\_\_\_\_**

**Birth Date (MM/DD/YYYY) \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Sex M F**

**T-Shirt Size S M L XL XXL Youth T-Shirt Size L Kiddie Dash or Mile Fun Run**

**Harrington Park School Student? YES HP Fastest Family Team Member? YES #\_\_\_\_ of\_\_\_\_**

To qualify as a team, register 3-5 members of your immediate family (same household.) The sum of the team's 3 fastest times will be used .

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

**Signature (parent or guardian if under 18) \_\_\_\_\_**

**Date \_\_\_\_\_**