# **Our Sponsors**



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# Harrington Park 5K Fall Spectacular

PO Box 83 Harrington Park, New Jersey 07640



**Presenting Sponsor** 



**USATF Certified Course & Sanctioned** 

Benefiting

HP Volunteer Ambulance \* HP Fire Dept HP Public School \* HP Library Scholarships & Community

Saturday November 14<sup>th</sup> 2015
Harrington Park ❖ New Jersey
www.hp5k.com



# **RAIN OR SHINE**







# **Fall Spectacular**

Events: 5K "Fall Spectacular" Run & Walk
Mile Fun Run (ages 9 and under)

Kiddie Dash (ages 6 and under)

**Course:** The 5K course is a USATF Certified "relatively

flat" road course with two waters stops through Scenic Harrington Park.

**Location:** Harrington Park School

191 Harriot Avenue, Harrington Park, NJ

When: Saturday, November 14, 2015

8 am Same Day Registration

• 9 am Kiddie Dash

9:15 am Mile Fun Run

10 am 5K Run & Walk Start

11 am Awards

**Questions:** Email us at <a href="mailto:info@hp5k.com">info@hp5k.com</a>

Website: www.hp5k.com

Course Map: Available on our website

# Registration

Mail: HP Sports Boosters

PO Box 83

Harrington Park, NJ 07640

On-line: www.hp5k.com or

www.bestrace.com

**In-person:** HP School, Friday, 11/13 (5 – 8 pm)

Race Day 11/14, 8am, HP School Gym

## **RAIN OR SHINE**

### **Amenities**

- Long sleeve "tech tops" to the first 500 preregistrants, and while supplies last, for the 5K
- Cotton T-shirts for all Mile Fun Run and Kiddie Dash participants
- Large Warm Gym for Pre-Race & Awards
- Clean Indoor Restrooms (No Portable Units)
- Coffee, Bagels, Fruit Cornucopia
- Well established course, water stations at 1<sup>st</sup> and 2<sup>nd</sup> Mile Clocks
- Ample Parking HP Borough Hall, OLV Church, Community Church, St Andrews Church
- For a nominal charge there is a Pasta Dinner Friday
   Night sponsored by Boy Scout Troop 616
   (More info on our website)

## **Awards**

- Top 3 M & F Overall
- Top 3 M & F per age group in 5 year age groups, 9 & under through 85+
- Top 3 M & F HP Residents
- Top M & F HP School (K-8) Students
- Top 3 HP Fastest Families (using aggregate of immediate family 3 fastest times)

# **Fees**

|                 | <u>Postmark</u> | ed by 11/7 | After 11/7 |
|-----------------|-----------------|------------|------------|
| Adult           |                 | \$ 25      | \$ 30      |
| USATF-NJ Mem    | bers            | \$ 22      | \$ 27      |
| Students 14 & U | Jnder           | \$ 20      | \$ 25      |
| Mile Fun Run 9  | & Under         | \$ 10      | \$ 10      |
| Kiddie Dash 6 & | Under           | \$ 5       | \$ 5       |

Make checks payable to: Harrington Park Sports Boosters

### **Fall Spectacular Official Entry Form**

The HP5K Fall Spectacular is open to all abilities: racers, runners, slow joggers and walkers

| Event: 5K Mile Fun Run                                    | ⊒Kiddie Dash      |  |  |  |
|---|-------------------|--|--|--|
| Last Name:  |                   |  |  |  |
| First Name:   |                   |  |  |  |
| Address:  |                   |  |  |  |
| City:   | State:            |  |  |  |
| Phone:  |                   |  |  |  |
| e-mail:   |                   |  |  |  |
| Age (on 11/14/2015):                                      | Sex (M/F)         |  |  |  |
| Date of Birth (MM/DD/YYYY)                                |                   |  |  |  |
| USATF-NJ #  |                   |  |  |  |
| HP School Student? Yes HP Fastest Family Team Member? Yes |                   |  |  |  |
| T-shirt size for 5k participants (Cir                     | cle your choice): |  |  |  |
| Men's sizes: XS S M L XL                                  | XXL               |  |  |  |
| ***** Sign the Waiver *****                               |                   |  |  |  |

In Consideration of this entry being accepted, I hereby for heirs, executors, administrators, and myself waive any claims that I may have against Harrington Park Sports Boosters, Borough of Harrington Park (HP), HP Volunteers Ambulance Corp, HP Police Dept., HP Board of Education, HP School 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: | ature: (parent or guardian if under 18) |  |  |
|------------|---|--|--|
|            | Date                                    |  |  |