



**Roseland Recreation Department**  
**19 Harrison Avenue**  
**973/226-6552 [recreationdept@roselandnj.org](mailto:recreationdept@roselandnj.org)**  
**Mayor John Arvanites**  
**28<sup>th</sup> Annual 5K Run For The Roses and 1.5-Mile Walk-N-Talk**  
**Co Sponsored by the Roseland FOP #184**

**Date:** Saturday, June 5, 2010 (Rain or Shine)  
**Time:** 9:00 a.m. (Run and Walk)  
**Packet Pick Up: Between** 7:30 a.m. - 8:30 a.m. at Harrison Complex Parking Lot  
**Place:** Harrison Complex - 19 Harrison Avenue - Roseland, NJ 07068  
**Entry Fees:** \$12.00 to all Roseland residents - pre-registered  
 \$14.00 to all non-residents - pre-registered  
 \$16.00 to all post registrants  
 \$10.00 to all walk entries



Make all checks made payable to: BOROUGH OF ROSELAND

**Pre-Registration:** Mail or bring into Roseland Recreation Office at the Borough Hall, 19 Harrison Avenue, Roseland, NJ 07068. Entries must be postmarked no later than June 3<sup>rd</sup> 2010 for the pre-registration to apply.

**AFTER THIS DATE WE WILL ONLY ACCEPT POST (SAME DAY) REGISTRATION.**

A Race Tank Top will be given to all run and walk registrants

**AWARDS**

- \* Trophies to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place male and female overall finishers
- \* Trophies to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place male and female Roseland finishers
- \* Trophies to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each age group (No Duplication of Awards)
- \* Trophy to 1<sup>st</sup> Finisher Baby Jogger/Stroller, Male and Female (Helmets Required)



**CATEGORIES**

**MEN** 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-Up  
**WOMEN** 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-Up



*Post Race Refreshments Donated By:* Fairchilds Market, 171 Eagle Rock Avenue, Roseland, NJ - 973-226-0400  
 --- RUN AND WALK COURSE MAPS ARE ON THE BACK ---

One form per participant

Detach Here

Do Not Write Below!

2010 Run for the Roses/Walk n Talk

Select Event: Run \_\_\_\_\_  
 Walk \_\_\_\_\_

Cash \_\_\_\_\_ Check No. \_\_\_\_\_ Amount \_\_\_\_\_ Date \_\_\_\_\_

NAME \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN/CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ EMERGENCY NO. \_\_\_\_\_ WORK PHONE \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_

AGE GROUP - Please Circle - 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-Up

SHIRT SIZE - Please check - AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL \_\_\_\_\_



In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any and all claims that I may have against The Roseland Recreation Department, The Roseland Board of Education, The Roseland Police and First Aid Squads, or those representatives, successors, assignees and any sponsors of this event (hereafter to be known as the Group), for any injuries that may be suffered by me in this event. It is also understood by me that the Group provides no insurance coverage for this event and I attest that I am in physical condition for this event. I also understand that I will not hold the group responsible for any publicity used concerning this event and that entry fees are non-refundable.

NOTICE- Any written statement made on this from, which the writer knows to be false or one which the writer does not believe to be true, is punishable under New Jersey law as a crime of the fourth degree (2C-28-3).

UNDER 18 \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Requires parent's/guardian's signature)

For information on all Recreation Programs turn to Channel 35 Comcast/46 Verizon, check out our Web Site at:  
[www.Roselandnj.org](http://www.Roselandnj.org) or look in "The Progress" newspaper