



**WALDWICK**  
*Chamber of Commerce*  
**4TH ANNUAL**  
*Massage Envy*  
 S P A®



Presenting Sponsor

**5K RUN AND 1 MILE WALK**

*Proceeds to benefit Kisses 4 Kelly and the community of Waldwick*

*Random prize drawings to all registered participants*

*Pre-race pick up bib, shirt & goody bags at Waldwick Ambulance Corps Sat., April 30, 4 - 7 p.m.*

*Rain or shine No refunds will be given*

*B tag Chip Timing Race results will be available on www.Bestrace.com*

**Date:** May 1, 2011  
**Location:** Waldwick High School Track & Field  
**Registration:** 7:30 a.m. – 8:45 a.m. at the Waldwick High School Track Wyckoff Avenue & Hopper Avenue

**Race Time:** 5K Race: 9:00 a.m.  
 1 Mile Fun Walk: 9:30 a.m.

**Course:** 5K certified course and sanctioned by the USATF

**Course Description:** Fast, rolling hills, scenic park, track finish  
**5K Entry Fees:** \$20.00 registration received by April 22nd  
 \$25.00 registration after April 22nd or on day of race  
 Commemorative t-shirts to all pre-registered and post-registered (while supplies last)  
 Group discount of 10% with 10+ entries

**1 Mile Fun Walk:** \$15.00 received by April 15th  
 \$20.00 after April 15th and on day of race  
 Children 10 years old and younger free

*Goody bags to the first 300 registered runners/walkers*

*Race day photos provided by Bill Smithuysen*

*No pets, roller blades, bikes, or skateboards during the 5K Run  
 Strollers will be permitted during the 1 Mile Fun Walk*

**OFFICIAL ENTRY FORM**  
**ON LINE APPLICATION AVAILABLE AT [raceforum.com/waldwick](http://raceforum.com/waldwick)**  
 ONE ENTRY PER APPLICATION

WHICH EVENT(S) WILL YOU BE PARTICIPATING IN:  5K RACE  1 MILE FUN WALK  
 PLEASE CHECK T-SHIRT SIZE:  S  M  L  XL

**Waiver: Please Read Carefully and Sign:** In consideration of the acceptance of the application for entry in the Waldwick Chamber of Commerce 5K Run and 1 Mile Fun Walk, I the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Waldwick Chamber of Commerce, the Borough of Waldwick, race sponsors, and any person or entity associated with the race from any claims for damages of any nature arising out of my participation in this event. Further, I recognize that I must be in good health and of sufficient training and experience in order to participate in the event. I also give permission for the use without fee, of my name and picture in any broadcast, telecast or print media account of this event for promotional or publicity purposes. I further acknowledge that I have read and accept these conditions under which my entry is made.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address (street) \_\_\_\_\_  
 Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Sex M / F \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Birthdate \_\_\_\_\_  
 ID# \_\_\_\_\_  
 2011 USATF - NJ members are eligible for a \$2 per entry discount.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Signature of Parent or Guardian if child is under the age of 18 \_\_\_\_\_

**Make checks payable to:** WCOC  
**Mail Form and Entry Fee to:** Waldwick Chamber of Commerce  
 P.O. Box 323  
 Waldwick, NJ 07463

**Contact & Registration Drop-Off:** Kim Post  
 Kallman Travel Services  
 20 Harrison Avenue, Waldwick, NJ  
 201-693-6734

**Additional Information & Directions on [waldwickchamber.com](http://waldwickchamber.com)**