



**BODY+PLUS**

Holistic Healing

# 5K RUN AND 1 MILE WALK

The 5K Run will be dedicated to Officer Goodell & SSgt. D'Augustine

Pre-race pick up bib, shirt & goody bags at Waldwick Ambulance Corps Sat., Apr. 30, 3:30 – 6 p.m.

Special First Place Awards Top Male & Female Waldwick Resident

Awards 5 Year Age Brackets Male-Female Ages 10 & Under – 75-80+

Random prize drawings to all registered by April 28th

Tee Shirts for Paid Entries Only

Rain or shine No refunds will be given

Goody bags to the first 400 registered runners/walkers

**Date:** May 1, 2016  
**Location:** Waldwick High School Track & Field  
**Registration:** 7:15 a.m. – 8:45 a.m. at the Waldwick High School Track 155 Wyckoff Avenue  
**Race Time:** 5K Race: 9:00 a.m. 1 Mile Walk: 9:15 a.m.  
**Course:** 5K certified course and sanctioned by the USATF  
**Course Description:** Fast, rolling hills, scenic park, track finish  
**5K Entry Fees:** \$25.00 registration received by April 21st \$30.00 registration after April 21st or on day of race Commemorative t-shirts to all pre-registered and post-registered (while supplies last)  
**1 Mile Walk:** \$25.00 received by April 21st \$30.00 after April 21st and on day of race Children 10 years old and younger free for **1 mile walk only.** Group discount available for 5+ entries (by mail only) received by April 21st \$22.00 after the 21st \$27.00

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

## OFFICIAL ENTRY FORM

**ONE ENTRY PER APPLICATION**

REGISTER ON LINE AT: [runsignup.com/Race/NJ/Waldwick/WaldwickChamberofCommerce5K](http://runsignup.com/Race/NJ/Waldwick/WaldwickChamberofCommerce5K)

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address (street) \_\_\_\_\_  
 Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Sex M / F \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Birthdate \_\_\_\_\_  
 ID# \_\_\_\_\_

GROUP/TEAM NAME

2016 USATF–NJ members are eligible for a \$3 per entry discount.

**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.

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 Manziano Kallman Travel Services 20 Harrison Avenue, Waldwick, NJ 201-286-1627 • [info@waldwick5k.com](mailto:info@waldwick5k.com)

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