

THE WATCHUNG HILLS REGIONAL MUNICIPAL ALLIANCE

and

announce

THE ALLIANCE

5K Run/ 1 mile Family Fitness Walk

DATE:

SATURDAY, OCTOBER 18th at 9:00 a.m.

(on-site Registration begins at 8:00 a.m.)

LOCATION:

WATCHUNG LAKE

**Brookdale Road (See Map on reverse side)
Watchung, NJ 07060**

ENTRY FEE:

\$15.00 with T-shirt before Sept. 25th

\$20.00 after Sept. 25th or day of race (T-shirts given while supply lasts)

MAKE CHECKS PAYABLE TO: **WATCHUNG HILLS MUNICIPAL ALLIANCE, (mail to us) at 108 Stirling Rd., Warren, 07059**

| | <u>5K PRIZE CATEGORIES</u> | <u>PRIZES AWARDED</u> |
|---|--|---|
| Questions About the Race? Please call: Jack Walsh 908-561-8883 | <u>WOMEN</u> 14 and under 15-19 20-29 30-39 40-49 50-59 60 & over | <u>OVERALL WINNERS</u> \$50.00 gift certificate, medal, and a 3 month membership to Mountain Fitness |
| | <u>MEN</u> 14 and under 15-19 20-29 30-39 40-49 50-59 60 & over | <u>FIRST PLACE WINNERS BY CATEGORY</u> Medal and a 1 month membership to Mountain Fitness |
| | | <u>SECOND & THIRD PLACE WINNERS</u> Medal |
| | | <u>ALL RUNNERS</u> ONE WEEK GUEST PASS FOR Mountain Fitness |

THE WATCHUNG HILLS REGIONAL MUNICIPAL ALLIANCE 5K RUN OR 1 MILE WALK REGISTRATION FORM

Last Name: _____ First Name: _____

Address: _____

City/Town: _____ State: _____ Zip Code: _____

Telephone #: (____) _____ Age on Oct. 1st: _____ Sex: M F (Please circle)

Wheelchair Applicant: Yes or No (Please Circle) Run Walk (Please circle)

In consideration of this entry being accepted. I hereby for myself, my heirs, executors and administrators waive and release any claims that I may have against The Watchung Hills Municipal Alliance and Watchung Hills Regional High 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 and further authorize the use of my name and/or photograph in conjunction with publicity about this event.

Signature Required _____ **Parent or Guardian (if under 18)** _____

An organization comprised of volunteers concerned about the consequences of DRUG and ALCOHOL ABUSE in our communities.

Serving: Warren Township, Watchung Borough, Long Hill Township, Green Brook Township.