

WELCOME!

To register:

Complete the application and mail
with your check (made payable to
Hackensack University Medical Foundation)
200 Old Hook Road
Harrington Park, NJ 07640

RUN (OR WALK) THE RESERVOIR TRAIL



**5K RUN
5K WALK**

October 25, 2009

United Water
200 Old Hook Road
Harrington Park, NJ 07640



RUN (OR WALK) THE RESERVOIR 5K

October 25, 2009



Name _____

Address _____

Telephone # (____) _____ Cell Phone # (____) _____

E-mail _____

Age on Race Day _____ Sex (M or F) _____

Event – Please check one

5k Race _____ 5k Walk _____

T-Shirt Size – Please circle one: **S M L XL**

INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED.

Liability and Publicity release: Please accept my entry in the 2008 Run (or Walk) the Reservoir 5k. I hereby state that I acknowledge that this is a challenging trail run and I have conditioned myself to participate in this event. I, for myself, my executors, administrators and assignees, do hereby release and discharge United Water from damages for injuries occasioned by my participation in the 5k Run (or Walk) the Reservoir. I also authorize the 5k Run (or Walk) the Reservoir officials to utilize my name, as well as any photographs and video tape of my participation in the 5k Run (or Walk) the Reservoir, for any and all purposes. By signing my name below, I hereby certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby.

Signature _____ Date _____



Day of Race: 10/25/09

Schedule of Events:

- Registration, bib, check in and shirt pick up: 8:30 am
- 5k Race: 10:00 am
- Post Race Activities: 11:15 am

Location:

United Water
200 Old Hook Road
Harrington Park, NJ 07640

Entry Fee:

\$20 before October 20th
\$25 after October 20th
\$5 students

Please make checks payable to **Hackensack University Medical Center Foundation**

Shirts are guaranteed to all pre-registered, and while they last on race day

Awards:

1st place over-all Male and Female
Top finishers Male and Female in age groups

Course:

Fast, challenging, trail run, be careful.

- No strollers
- No loose jewelry
- No earrings

For more information on entering contact
Gary Anolik 201-784-7093