



September 15, 2019

Witte Field 51 Johnson Avenue Englewood Cliffs, NJ

Walkers welcome!



Supporting Englewood Cliffs Recreation, Parks and Playgrounds

Register online at **EC5KRun.com** or submit this form. 7:30-8:30 AM sign up on the day of the race.

5k run/walk 9:15 AM RACE START

☐ \$25 PRE RACE thru 9/5/19

☐ \$30 PRE RACE 9/6/19 thru 9/13/19

☐ \$35 RACE DAY 9/15/19

Fun Ride After 5K

☐ \$20 Ride 1 Ages 10 - 12

☐ \$20 Ride 2 Ages 7 - 9

*Kids must bring and wear a helmet to participate.

Age Groups for both male and female

- 14 and under - 50-59

- 15-19 - 60-69

- 20-29 - 70-79

- 30-39 - 80+

- 40-49

We suggest participants arrive 1 hour prior to start of each race (especially for the 5K).

☐ Male ☐ Female ☐ Individual ☐ Team

☐ I would like to sponsor the Englewood Cliffs 5K ☐ Individual _____

☐ Team _____ in the amount of \$ _____.

Last Name First Name 2019 USATF NJ Number (For NBGP only) - \$3 Pre-Entry Discount

E-mail Phone Date of Birth Age (as of race date)

Address City State Zip

☐ Check enclosed in the amount of \$ _____

All registrations are final, non-refundable, and non-transferable. Giveaways while supplies last.

How did you hear about this race? Social Media _____ Family _____ Other _____

Englewood Cliffs 5K Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators, waive and release any claim that I may have against the Borough of Englewood Cliffs, Green Light Events, LLC, Sports Conditioning Institute, its officers and directors, the organizing committee, the sponsoring organization, the County of Bergen or their employees, representatives, successors, or assignees for, including but not limited to, any injury, loss or damages that may be suffered by me at, in, or relating to this event. Additionally, all applicants and participants, by applying or participating herein, agree to allow his or her likeness to be reproduced and used by the Borough of Englewood Cliffs and its vendors in furtherance of the activities connected with the annual event known as the 'Englewood Cliffs Annual 5K Run'.

Date Signature Parent's Signature of consent (if entrant is under 18)

For information about Englewood Cliffs 5K call Nick at 201-891-4115 or e-mail joannidis2@yahoo.com.

Recreation Dept. • 482 Hudson Terrace • Englewood Cliffs, NJ 07632 • Please make checks to: Borough of Englewood Cliffs