

3rd Annual **FRED TORRES MEMORIAL 5K**

Sunday, October 16, 2016

Garret Mountain Reservation – Woodland Park, NJ

RACE SCHEDULE

8:00 AM Packet pick-up begins
9:30 AM 5K and 2 Mile Fun Walk Start
10:15 AM Kids Races

Post-race party @ Alexis Steakhouse following event

LOCATION

Garret Mountain Reservation, Woodland Park, NJ
Clifton High School Varsity XC Course

AWARDS

Awards to top 3 finishers overall (M/F)
Awards to top 3 in age categories
Awards to top overall CHS XC/T&F Alumni (M/F)
All kids receive medals for Kids Races

All are eligible for amazing raffle prizes!

All proceeds will benefit the Fred Torres Memorial Fund (a 501c(3) charity) and Fred Torres Memorial Scholarships, presented to graduating scholar-athletes of Clifton High School XC and T&F Programs.



Return this application with your check made payable to **Fred Torres Memorial Fund**

Mail to: Fred Torres Memorial 5K, P. O. Box 268, Kingston, NJ 08528

No refunds. Event will be held rain or shine.



REGISTRATION

Online at fredtorresmemorialfund.org or mail in the form below

PRE-REGISTRATION (Post-marked by 10/1/15)

5K	\$25
2M Walk	\$25
Kids Races	\$10 (10 and under)
Students	\$15

POST-REGISTRATION (after 10/1/15 and race day)

5K	\$30
2M Walk	\$30
Kids Races	\$10 (10 and under)
Students	\$15

Race day registration and packet pickup begins at 8AM

T-shirts guaranteed to all pre-registered runners. T-shirts to post-registered runners while supplies last.

Indicate race selection

- ☐ 5K
☐ 2 Mile Walk
☐ Kids Races

**ARE YOU A CHS
XC/T&F ALUMNI?**

☐

GRADUATING YEAR? _____

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Age on race day _____ Birthdate ____/____/____ Male _____ Female _____

Circle Adult shirt size **S M L XL XXL**

OR Circle Youth shirt size **YS YM YL**

By signing my name, I, for myself and anyone entitled to act on my behalf, release and hold harmless the Clifton High School, Clifton Track Booster Club, Garrett Mountain Reservation, its officials, departments, and employees as well as all sponsors, volunteers and representatives of the Fred Torres Memorial Cross Country Race from any and all claims of liability. I also authorize the use of my name as well as any photographs, motion pictures and recordings of my participation in the Fred Torres Memorial Cross Country Run for the purpose of promoting the Fred Torres Memorial 5K Run.

Signature _____ Date _____

Note: Parent of Guardian must sign if athlete registering is under the age of 18.