

RICHARD'S RUN



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HHK 5K • SUNDAY, OCTOBER 2, 2016

7:00-8:30 am: Check-in & Registration

8:30 am: Start for 5k Run

Course: Single loop entirely within Ho-Ho-Kus

USATF CERTIFIED

Start/Finish: Ho-Ho-Kus Borough Hall, 333 Warren Ave.
(Between Sheridan & Sycamore Ave.)

Time: Chip timing provided by CompuScore

SAVE TIME ON RACE DAY- Pick up bib number,
chip, and t-shirt on Saturday, October 1

9:00-1:30 pm: Ridgewood Cycle Shop
(35 N. Broad Street)

3:00-5:00 pm: HHK Borough Hall

Runners, Walkers & Strollers Welcome! Trophies, Prizes
& Giveaways, T-Shirts, Post-Race Refreshments

REGISTRATION INFORMATION

INDIVIDUAL REGISTRATION

FEES:

\$25 Before October 1st

\$30 on October 1st & 2nd

\$100 cash prize to overall male and female winners

FAMILY REGISTRATION

FEES:

\$60 Before October 1st

\$65 on October 1st & 2nd

Includes two t-shirts.

Additional shirts may be purchased for \$10 each

LAST NAME: _____ FIRST NAME: _____ EMAIL: _____
ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

RUNNER(S) NAME	MALE	FEMALE	PROJECTED FINISH TIME	AGE (on race day)	SHIRT SIZE (check one size for each person)					CHILD: S M L		
					ADULT: S	M	L	XL	XXL	S	M	L
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Please make check payable to: Go4theGoal Foundation

Mail Check to: Go4theGoal/ Richard's Run- HHK 5K

PO Box 433

Ho-Ho-Kus, NJ 07423

TOTAL # OF SHIRTS:

Entry forms must be received no later than
September 25th, 2016 to guarantee T-shirt

Please accept my entry in the 2016 Richard's Run- HHK 5K. I hereby state I have conditioned myself to participate in this event. I, for myself, my executors, administrators and assignees, do hereby release and discharge The Go4theGoal Foundation, its officers and members, the 2016 Richard's Run- HHK 5K, and its sponsors, officials, donors and volunteers for any and all claims, liabilities, and damages arising out of or related to my participation in the 2016 Richard's Run- HHK 5K. I also authorize race officials to utilize any photographs, motion pictures, recordings and videotape of my participation in said race for any and all purposes. By signing my name below, I certify that I have read all the items and conditions of this release and do intend to be legally bound thereby. I understand that the events will be held rain or shine and NO refunds will be issued.

SIGNATURE: _____

Family contact signature serves as release for all family members entered in race.
Parent or legal guardian signature is required for participants under 18 years of age.

DATE: _____

GO 4 THE GOAL
Helping Kids with Cancer Achieve Their Goals

**SAVE
THE
DATE**

**SUNDAY,
OCTOBER 2ND**

RICHARD'S RUN



HHK 5K • OCTOBER 2, 2016

On **Sunday, October 2, 2016**, the 13th annual Richard's Run HHK 5K will be held at Borough Hall in Ho-Ho-Kus. The Run was founded to raise money and awareness for pediatric cancer and over the past several years has successfully raised over \$600,000. The money raised from this event stays within local hospitals and is used to assist families in our area. This month, we are proud to announce the renovation of a new children's playroom on the oncology unit of Hackensack University Medical Center. This project, funded by Go4theGoal, is a critical part of the work being done to make things better for all children battling cancer.

The Run was re-named in 2006 after Richard Stefanacci, 13 years old, who participated in the 5K and bravely fought cancer for 294 days. His strength and spirit inspired so many and continues to resonate each year. Richard's Run HHK 5K has become a tremendously successful community event drawing over 1200 registered runners and many more spectators.

This year in continuing with the embodiment of community, Richard's Run and Go4theGoal are extremely pleased to be partnering with the Ho-Ho-Kus Education Foundation and the Ho-Ho-Kus Home and School Association, two organizations which represent the backbone of our school and thus our community. Through this partnership, we hope to further bring to light the important issues surrounding children.

We are also extremely pleased to once again be partnering with HealthBarn USA in the post race event designed to empower families to lead strong, healthy lives. Richard's Run and HealthBarn USA, the Ridgewood, NJ based leader in proven healthy-lifestyle education, have put together a post race program which will include healthy food options such as an on-site Smoothie Bar and a Yogurt & Granola stand. The post race event will also include a children's obstacle course and engaging fitness activities as well as a DJ, awards (cash prizes for overall male and female winners) and more. Join Go4theGoal on **Sunday, October 2nd** and help make a difference in the lives of kids battling cancer. **Not Everyone Can Wait For Tomorrow...Join Us and Make A Difference Today.**

2016 Race Committee

Reyna Boccio
Gina Buffa
Roberta Campbell

Mary Carnovale
Mary Kate Granas
Nan Norbitz Kelly

Maggie Liljegreen
Julia Rosenfeld
Jennie Stam

For sponsorship opportunities and other race information,
please contact us at **RichardsRunHHK@gmail.com**



P.O. Box 433
Ho-Ho-Kus, NJ 07423
Go4theGoal.org

Register at RunSignUp.com