

CJR TRADING PRESENTS

Richard's Run



HHK 5K 2013

10TH ANNIVERSARY

EVENT SPONSORS

BENZEL BUSCH
DEFINE THE WAY YOU DRIVE

Morgan Stanley

HEKEMIAN
since 1923

Forest Hill
HEALTHCARE CENTER



SUNDAY, OCT. 6, 2013

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

7:00-8:00 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 5**

8:00 - 11:00 am: Equinox Fitness Club (776 Rt. 17 N.)
12:00 - 2:00 pm: Ridgewood Cycle Shop (35 N. Broad St.)
3:00 - 5:00 pm: HHK Borough Hall

REGISTRATION INFORMATION

INDIVIDUAL REGISTRATION

FEES: \$25 Before October 5*
\$30 on October 5 & 6

**\$100 cash prize to overall male
and overall female winners**

FAMILY REGISTRATION

FEES: \$60 Family Rate Before October 5*
\$65 Family Rate on October 5 & 6

Family entry fee includes two t-shirts
Additional shirts may be purchased for \$10 each

LAST NAME: _____ FIRST NAME: _____ EMAIL: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

SHIRT SIZES (check one box for each member):

RUNNER(S) NAME	MALE	FEMALE	PROJECTED FINISH TIME	AGE (on race day)	ADULT:	S	M	L	XL	XXL	CHILD:	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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_____	<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"/>	\$10
_____	<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"/>	\$10

TOTAL # OF T-SHIRTS

Please make check payable to: Go4theGoal Foundation

Mail check to: Go4theGoal / Richard's Run - HHK 5K
 PO Box 433
 Ho-Ho-Kus, NJ 07423

***Entry forms must be received no later than September 27, 2013 to guarantee T-shirt.**

Go4theGoal.org

Please accept my entry in the 2013 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 2013 Richard's Run - HHK 5K, and its sponsors, officials, donors and volunteers from any and all claims, liabilities and damages arising out of or related to my participation in the 2013 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: _____

DATE: _____

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.

GO4THEGOAL.
 Helping Children Affected by Cancer
 Achieve Their Goals