

Register online at  
[www.RunSignUp.com/Races](http://www.RunSignUp.com/Races)

or complete and return this form by October 20

**PLEASE REGISTER ME FOR:**

☐ 5K (mile walk included) ☐ 1 mile walk only

Your Name \_\_\_\_\_

Check if you are a ☐ first responder or ☐ military veteran

Street Address \_\_\_\_\_

City, ST Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

(will receive a confirmation email)

☐ I'd like to start a team, please contact [wpfire5k@gmail.com](mailto:wpfire5k@gmail.com)  
☐ I'm unable to participate, but enclosed is my donation of \$\_\_\_\_\_

Gender: ☐ M ☐ F AGE on race day: \_\_\_\_\_

Shirt Size: ☐ Sm ☐ M ☐ L ☐ XL ☐ XXL

**PAYMENT:**

☐ \$25 5K before 9/6 ☐ \$30 5K after 9/6

☐ \$10 walk only

Charge the registration fee to my:

☐ Visa ☐ Mastercard ☐ American Express

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

☐ Check Enclosed: Made payable to WP Fire Dept

Detach and mail this completed form to:  
West Paterson FD • PO Box 511, Woodland Park, NJ 07424

**ALL participants must read and sign:** In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the officials and sponsors of the West Paterson Fire Department 5K/Walk for injury or illness which may directly or indirectly result from my participation. I am in proper condition to participate. I further give rights of reproduction for publicity use all photos taken of me at the event.

## THANK YOU SPONSORS

Salomone Redi Mix • Environmental Renewal  
Blue Crest Recovery Center • Fronzuto Law Group  
Gun For Hire Mountain Development Corp.  
Shoprite Little Falls Spuntino Wine  
Damiano Law Offices Millennium Strategies  
Gensinger Motors Applebees Totowa  
Westmount Country Club Bulb Depot  
PediatriCare Associates Kinetic Foot & Ankle  
McBride Auto Body Santangelo Funeral Home  
Lackawanna Associates

Packet Pick Up Available at:

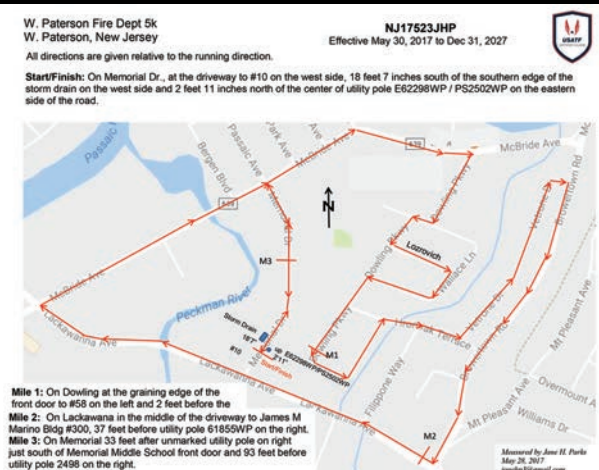
**ROADRUNNER**  
SPORTS®

Beat the long lines on race day and help raise additional money for the WPFD by picking up your bibs at Road Runner Sports on Thursday, Oct 24 from 5PM-8PM  
65 Rt 4 West (Plaza 35) • Paramus, NJ 07652

**RACE LOCATION:**

West Paterson Boys and Girls Club  
8 Memorial Drive • Woodland Park, NJ 07424

Due to local road closures, please arrive within 1/2 hour of race time. If arriving later, park in the Kearfott parking lot located at 1150 McBride Ave.



**SUNDAY**  
**OCT. 27, 2019**



Registration begins at 8:00am

**5K begins at 10am**

1 mile walk immediately following 5K



Register at [www.RunSignUp.com/Races](http://www.RunSignUp.com/Races)

Or call **973-870-9162**



## ABOUT THE RACE:

The West Paterson Fire Department is proud to present our 4th Annual 5K on Sunday, October 27, 2019 starting at 10 a.m. This year we added a 1-mile fun walk immediately following the 5K so the whole family can participate.

100% of the funds raised from this event will go to the Volunteer West Paterson Fire Department to help provide upkeep and maintenance of our facilities.

Whether you are a competitive runner, participating in your first 5K, or walking or running at your own pace, this race is fast and mostly flat so suitable for all ages!

This 5K course is USATF certified and will be on local roads. Join us before the race for breakfast, warm ups and stretching, and after the race for awards and more refreshments.



## REGISTRATION:

**FREE tshirt for first 200 registrants**

\$25 - postmarked by 9/6 (includes 5K and walk)

\$30 - after 9/6 (includes 5K and walk)

\$10 - 1 mile walk only  
(Free to 5K registered run/walkers)

## RACE PACKET PICKUP:

Thursday, Oct 24th from 5:00-8:00pm

Road Runners Sports

65 NJ-4, Paramus, NJ 07652

## RACE DAY SCHEDULE:

8:00 am Registration/Package Pick Up

9:45 am Warm Ups/Stretching

10:00 am 5K begins (rain or shine)

11:00 am 1 mile walk begins

11:30 am Awards

## USATF CERTIFIED 5K RUN:

This is a well marked, USATF-certified, paved-road course located in the Borough of Woodland Park. Timing company by Rock Race Timing. Video finish. Water stops.

## AWARDS:

**Trophies will be given to:**

- Top 3 Males - Top 3 Females

**Medals to the Top 3 M/F Age Groups:**

- 10 and under - 40-49

- 11-14 - 50-59

- 15-19 - 60-69

- 20-29 - 70+

- 30-39

- first responders (please check box on application)

- military veterans (please check box on application)

**Ribbons to all children that finish walk**

## WE COULD NOT MAKE THIS HAPPEN WITHOUT OUR SPONSORS!

All three volunteer fire houses are independently owned and operated by each individual fire company and not by the Borough of Woodland Park. As prices in services continue to rise, it is becoming more and more difficult for our companies to maintain the buildings as rapidly as they should be. So if you would like to become a sponsor of our event, to help us maintain and upkeep our facilities, kindly fill out the application below. We truly hope you can attend our event and aid us in our venture to "help us help you."

## SPONSORSHIP LEVELS:

### GOLD:

- Name prominently shown on t-shirt
- Name on collectible draw string bag
- Name along race route every 1/2 mile
- Expo table for promotional materials

### SILVER:

- Name shown on t-shirt
- Name along race route every mile
- Expo table for promotional materials

### BRONZE:

- Name shown on t-shirt
- Expo table for promotional materials

Sponsorship Level: \_\_\_\_\_ Amt Enclosed: \_\_\_\_\_

Company Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Detach and mail this completed form with payment to:  
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