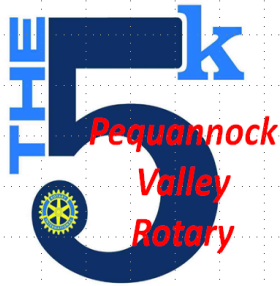


# Pequannock Valley Rotary Foundation



## 5K Race / Walk

All profits from this event will go to the Pequannock Valley Rotary Foundation which provides scholarships, help to those in need, & support to local community projects in Pequannock, Riverdale and Lincoln Park. Contributions are tax deductible when checks are made out to the  
**Pequannock Valley Rotary Foundation.**



500 Point Event



NORTH JERSEY

2019

Grand Prix

### Course:

- Flat & Fast **USATF Certified 5K** (3.1 miles) with mile markers, 1 water stops & traffic control.
- **USATF Certified Course/Sanctioned event with Chip Timing by CompuScore.**

### Registration online:

<http://compuscore.rsupartner.com/rotary-day-5k>



### Awards:

- Top 3 Overall Female & Male Runners
- Top 3 Female & Male Runner in each age group.
- **AGE GROUPS:**  
9 and under, 10-19, 20-29, 10yr groups ages 20 through 80+ & wheelchair division  
**NO DUPLICATE AWARDS**

### Amenities:

- **T-SHIRTS!** To the first 250
- registered 5K Runners
- Refreshments, Restrooms, & Music

### Information:

- On-site registration begins at 6:30 am
- Registration ends 7:45 am

### Save time on race day

- Pick up bib number, chip and t-shirt on Saturday June 8, 2019
- At the Gazebo located in front of the Pequannock Twp. Municipal Bldg 530 Newark Pompton Turnpike, Pompton Plains, NJ 07444 from 3:00 pm to 5:30 pm

### CHILDREN'S FUN RUN:

for 9 and under

- **9 AM Start Time**

### RACE CO-SPONSORS



PARKS & RECREATION PEQUANNOCK VALLEY ROTARY



**ONLY RUNNERS, WALKERS & WHEELCHAIRS ARE PERMITTED (strollers permitted)**

NO Rollerblades  
NO Pets / NO Bikes / NO REFUNDS

FEES	June 1st 2019	Post marked after June 2nd 2019
Registration 5k Run / Walk	\$25	\$30
USATF-NJ Member	\$22	\$27
Children's Run	\$5	\$5
Contact Race Committee for special group rates		

### 2019 ENTRY FORM FOR THE ROTARY 5K RACE / WALK (This form may be photocopied - Please Print!)

Make checks payable to: **"Pequannock Valley Rotary Foundation"**

The Pequannock Valley Rotary Foundation, Corp is recognized by the IRS as a charity under section 501(c)(3). Tax ID # 22-6605975

Mail this entry form and check to: **Pequannock Valley Rotary Foundation, P.O. Box 16, Pequannock, NJ 07440**

Questions: Herb Hamilton 973-449-4248 or [herbhamilton@optonline.net](mailto:herbhamilton@optonline.net)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age on 6/9/2019 \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ 2019 USATF-NJ# \_\_\_\_\_  
Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_ Adult Shirt Size (circle one) S M L XL

Please Check One: ☐ Runner ☐ Walker ☐ Wheelchair ☐ Children's Fun Run

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound for myself, heirs, executors, and Administrators, waive & release any & all rights & claims for damages & injury I may have against the Township of Pequannock, New Jersey, Pequannock Valley Rotary, & their agents, servants, successors & all other persons or entities involved in promoting or staging of the Rotary Day 5K Race. I attest & verify I am physically fit & have trained sufficiently for this event to be held Sunday, June 9, 2019 in Pequannock, NJ.

Signature \_\_\_\_\_ Parent's Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_