



**14<sup>th</sup> Annual 5K Run/Walk  
Bergenfield Community Center  
9<sup>th</sup> Annual 1 Mile Fun Run  
Sunday, November 13<sup>th</sup>, 2011**



**5K Start 10:15 AM /Fun Run Start 9:15 AM**

**Place: Bergenfield High School**

**\*\*Pasta Dinner!! Saturday, November 12, 2011\*\***

Long sleeve t-shirts for all pre-registered runners and runners who register the day of the race while supplies last. Organizations registering a team of 5 or more by 10/25/11 will have team name imprinted shirts! Trophies awarded for the top 3 male and female Bergenfield residents; top 3 male and female runners overall and 12 different age groups. For information, call Mark at 201-385-9539 or BestRace.com.

**Mail applications to:**

**Bergenfield Community Center Building Fund- 50 Home Place Bergenfield, NJ 07621  
Online Registration at Bergenfield 5K.com**

**1 Mile Fun Run Sponsored by Blue Dragon School of Martial Arts**

All children up to 8<sup>th</sup> grade who run the 1 mile will receive a trophy and a t-shirt.  
First 100 people who register receive a nylon sling bag from Blue Dragon School.

**ALL PRE-REGISTERED RUNNERS ARE INVITED TO A FREE PASTA DINNER AT  
BERGENFIELD ELKS LODGE-40 WEST CHURCH STREET NOVEMBER 12 5-8PM.  
CHILDREN UNDER 12 ARE FREE. REGISTRATIONS ACCEPTED AT THE DOOR!  
NOT RUNNING BUT LOVE PASTA? JOIN US! TICKETS - \$5 EACH.**

**Everyone Please Register for dinner (name and number of people)**

[bergenfield5kpastadinner@gmail.com](mailto:bergenfield5kpastadinner@gmail.com)

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Please print or Type. One applicant per application, can be copied if necessary.

First Name: \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 Email: \_\_\_\_\_ Shirt Size \_\_\_\_\_  
 Age on Race Day: \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 2010 USATP-NJ # \_\_\_\_\_ School/Organization \_\_\_\_\_

**Please read the following waiver and sign below before submitting entry:**  
 I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. Assume all risks associated with running in the event including, but not limited to falls, contacts with other participants, the affects of the weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Bergenfield Community Center Building Fund and all sponsors, their representatives from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the person named in this waiver.

	Pre-Registration	Race Day
5K Run/Walk	\$18	\$20
USATF#	\$15	\$18
Bergenfield Student	\$12	\$15
Fun Run ADULT	\$ 8	\$10
Fun Run CHILD	\$ 5	\$ 8
___ 5K Run/Walk		
___ 5K Run USATF member		___ 5K run Bergenfield Student
___ Fun run adult		___ Fun run child
<b>Fun Run free if registered for 5K</b>		

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parents signature \_\_\_\_\_ Date: \_\_\_\_\_  
 (if under 18)

Checks payable to: Bergenfield Community Center Building Fund No inline skates, bicycles, or pets – No refunds rain or shine