

SPONSORED BY



Sponsorship opportunities are still available.
Contact Cheryl Moses, Race Director for details.
Moses.racedirector@gmail.com



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Borough of Wood-Ridge
85 Humboldt Street
Wood-Ridge, NJ 07075

**Mayor Paul Sarlo and
The Borough of Wood-Ridge
Present**



Sunday, October 7, 2012

**Wood-Ridge High School
258 Hackensack Street
Wood-Ridge, New Jersey**



To benefit

Cystic Fibrosis Foundation
and
Tomorrows Children's Fund



RACE DETAILS

WHEN:

Sunday, October 7, 2012 at 10am
Registration begins at 8:30am

WHERE:

Start/Finish @Wood-Ridge High School
(Course map available on website)

WHAT:

USATF-NJ Certified 5K Road Race
Kids Fun Run: 50 yard, 100 yard & ¼ mile dashes

WHO WILL BENEFIT:

- **Cystic Fibrosis Foundation:**
Working to develop a cure and to improve the quality of life for those with Cystic Fibrosis.
- **Tomorrows Children's Fund:**
Services to relieve emotional & financial stress for families of children with cancer or blood disorders.

HOW:

- Register online before October 6th at
www.raceforum.com/wood-ridge

- Register by mail before October 2nd
- Register on race-day at the registration tent (note race-day fee is \$25)

DIRECTIONS:

From Parkway North: Exit I53A to Route 3 East. Continue to Route 17 North.

From Parkway South: Exit 163 to Route 17 South.

From George Washington Bridge: Take Route 80 or Route 46 West to Route 17 South.

From Lincoln Tunnel: Route 3 West to Route 17 North.

From Route 17: Exit ramp toward Wood-Ridge/ Moonachie; West on Moonachie Ave; right on Hackensack St.

NOTE: There is limited local parking. Out-of-town runners may park at the Fiesta on Rte 17 South at Moonachie Ave. Shuttles to the starting line will be provided from 8:30 –9:40 am.

ENTRY FORM

Mail completed form to:
Wood-Ridge Mayor's 5K
545 Spencer Drive, Wyckoff, NJ 07481

ONE ENTRY FORM PER PERSON

NAME _____

ADDRESS _____

CITY _____ STATE ____ ZIP _____

PHONE _____

EMAIL _____

AGE ON RACE DAY _____ BIRTH DATE _____

2012 USATF # _____ GENDER: M F

TSHIRT SIZE: ADULT S M L XL YOUTH S M L XL

EVENT: WITH USATF # WITHOUT USATF #

5K _____ \$ 18 _____ \$ 20

FUN RUN _____ \$ 5

NON-PARTICIPANT DONATION \$ _____

TOTAL PAYMENT ENCLOSED \$ _____

CHECKS PAYABLE TO: Borough of Wood-Ridge
Entries must be post-marked by October 2nd

Waiver/Release: In consideration of the acceptance of this application, I and anyone entitled to act on my behalf, release the Borough of Wood-Ridge, its officials and employees, USA Track & Field-NJ, Wood-Ridge Police Dept., Cheryl Moses (Race Director) and sponsors or their representatives from present and future claims and liabilities arising out of my participation in this event or related activities. I confirm that I am physically able to participate in this event, and grant the right to use my likeness in photographic record of the Wood-Ridge Mayor's 5K or Fun Run.

Signature or Signature of parent _____ Date _____

Celebrate your
Community!

Super Tech
T-shirt

Live Music
and
Outland DJs

Fun Run
for Kids

Walkers &
Families
Welcome

AWARDS:

- Top 3 Male/Female Overall Trophies
- First Wood-Ridge Male/Female Finishers
- Medals and Gift-Certificates to Top 3 Male/Female Finishers in 15 Age-Divisions
- Finisher Medals for Fun Run Participants
- Team Participation Awards (call or email for Team Application)

QUESTIONS?

Call 551-486-6805 or
visit www.njwoodridge.org/5krace