



Proceeds Benefitting:

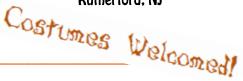
Rutherford PBA #300 & RHS Project Graduation 2020

Memorial Park Darwin Ave & Monona Ave Rutherford, NJ

www.RutherfordPBA5k.com ww.facebook.com/RutherfordPBA5k

Sunday, October 27, 2019

8th Annual 5k Run & 1 mile Walk



START & FINISH

Monona Ave at Memorial Park

SCHEDULE OF EVENTS

7:45 AM – 9:45 AM - Check in & Registration

9:15 AM – Costume Contest Judging

9:45 AM – Zumba warmup with Tracey Scrimenti

10:00 AM - 5K Run begins

10:05 AM – 1 mile walk

11:00 AM - BBQ & Activities begin

11:30 AM – Awards Ceremony

AWARDS

- -Monetary award for top 3 overall male & female -Top 3 Male & Female per age group in 5 year Age Groups: *14 & under, *15 – 19, *20 – 24, *25 – 29, *30 - 34, *35 - 39, *40 - 44, *45 - 49, *50 - 54. *55 - 59, *60 - 64, *65 - 69, *70 - 74, *75 - 79, *80+ -Emergency Services Division
- -Best Adult Costume & Best Children's Costume

COURSE

Sanctioned and certified by USATF-NJ

ENTRY FEES

- -Pre-registration: \$25 -Day of race: \$35
- -USATF-NJ Members: \$20 (Day of Race: \$30) -Police, Fire, EMS: \$20 (Day of Race: \$30) -Family of 4-8: \$5 off each member
- *Shirts and race packets while supplies last Sign up early to make sure you get your desired size!

REGISTRATION

*BY MAIL

Tear off entry form at bottom, enclose check payable to "Rutherford PBA Local 300", and mail by October 18th, to:

> **RUTHERFORD PBA 300 5K** PO BOX 182 RUTHERFORD, NJ 07070

*ONLINE

www.RutherfordPBA5k.com

PRE-REGISTERED PACKET PICKUP

Saturday, October 26, 2019 Mason's Cellar, 10am - 2pm 32 Ames Avenue, Rutherford, NJ (Parking lot in rear)



Any questions? Email us at: RutherfordPBA5k@aol.com

| Last Name: | First Name: | | Phone: | | | |
|--|--|---|---|--|--|--|
| Address: | City: | St: | Zip: | _ DOB: | Age: | |
| Email: | Sex (Circ | le): M F Shii | | | XL XXL Youth Large | |
| USATF-NJ # (if applicable): | · | Choose | One: Walker (| Runner | r () | |
| | | | | | | |
| Indicate if Police Officer, Firefig Waiver of Liability: In consideration for the acceptance of discharge the Borough of Rutherford, Rutherford First Aid of Field, and all other sponsors or beneficiaries and their reparticipation in the RUTHERFORD PBA 5K RUN/WALK HALL conditions of this release and intend to be legally bound the record of this event for any legitimate purpose. | my entry, I, on behalf of myself, my Ambulance Corps, Rutherford Police resentatives, successors and assigne OWEEN FOOT PURSUIT. I attest tha | heir, my executors, Department, Ruthe es for all claims for c t I am physically fit fo | administrators, and as rford PBA 300, associ- lamages and causes o or this event. I hereby | signees, hereby ated sponsors, v f action arising f certify that I ha | volunteers, USA Track a from or out of my ave read all the terms a | |