

Start training ... Ready, Set and Go!
1st Annual Washington Borough 5K | 1 Mile Walk

Saturday October 13, 2012
10:00 a.m. at Washington Borough Hall, 100 Belvidere Ave, Washington NJ

Date, Time, Place: Saturday October 13, 2012 .Registration from 8:30 to 9:30 a.m. at the Parking Lot of the Borough Hall. 5k race starts at 10:00 am; one mile walk starts at 10:05 a.m.

Registration and Fees: Pre-registration \$25 (by Oct. 3rd). Late and day-of-race registration with T-Shirt (While supplies last.) - \$30.

T-Shirts: Pre-registered runners and walkers receive shirt on race day. Late and day-of-race registrants receive on day of race while supplies last.

Course Description: 5K route is a rolling loop course in Historic Washington Borough. 1-mile fun Run/walk is also a rolling loop course in downtown Washington.

5K Awards: Ceremony immediately following 5k. Awards to overall male/female. Awards 3-deep top males and females in: 14 under, 15-19,20-29, 30-39, 40-49,50-59, 60-69, 70+. Overall winners not eligible for age division awards.

1 Mile Event: Runners and walkers of all ages are welcome.

Information: <http://www.boro5k.com> or by email at 5kRaceWB@gmail.com

5k Race Registration Form

Circle Event: 5K Run 1-Mile Fun Walk

Name: _____ Age (on Oct.13,2012): _____ Birth: _____

Address: _____ E-mail: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____ Sex (circle): M - F

T-Shirt Size (circle one): Youth L Adult S Adult M Adult L Adult XL

MAKE CHECKS PAYABLE TO: Borough of Washington

Mail registration form with payment to:

Washington Borough Recreation Department
100 Belvidere Ave
Washington, NJ 07882

Waiver; I know that participating as a runner/walker in races and walks is a potentially hazardous activity. I should not enter, and participate in the Washington Borough 5k unless I am medically able. I, by entry into this event, release for myself and anyone on my behalf the Washington Borough Recreation Department and all donors and anyone or other organizations involved in the event, their employees, agents or representative, from all claims or liabilities of any kind of nature whatsoever arising out of my voluntary participation,. I know that running is potentially dangerous and I assume all risks.

Signature _____ (If under 18, parent signature) Date _____