



Presented by the Allendale Recreation Commission

GET INTO THE HALLOWEEN SPIRIT! RUN IN COSTUME IF YOU DARE!



SUNDAY, OCTOBER 27, 2019 at 9AM

STARTS AT THE RED BARN CRESTWOOD PARK, ALLENDALE, NJ

A spooktacular event for your whole creepy family! Get in the Halloween spirit... run in costume! Music, refreshments, vendors, computerized results, and Haunted Fun Run! Awards for top finishers and best costumes.

Race: Flat/moderate hill course. Some portions of course are not paved. Computerized Results. USATF certified course #NJ14545JHP
Time: 9:00 AM 5K RUN/WALK 9:45 AM HAUNTED FUN RUN
Place: Event will begin and end at The Red Barn, Crestwood Park
Awards: Awards for the top finishers in age categories
Entry Fee: 5K - \$25 pre-registered, \$30 day of race. Haunted Fun Run - \$20 pre-registered, \$25 day of race (T-shirts guaranteed until October 13th)
Packets: Pick up Race Packets Sat. Oct. 26th from 4-6 PM at the Red Barn or Sunday, Oct. 27th from 7:30-8:30 AM
Registration: Mail check payable to ARC and this Entry Form to: Colleen Leahy, 29 Kayeton Road, Allendale, 07401 or register online at www.Allendale5k.com

ENTRY FORM

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

Name: \_\_\_\_\_

Birth Date \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Circle one of the following divisions:

Circle one: 5K OR Fun Run

Circle one: Female OR Male

For and in consideration of the acceptance of my entry in the ARC Run to be held on October 27, 2019. I agree and certify that I am physically fit, have sufficiently trained for, and am physically capable to participate in the 5K event and/or the Mile. I understand that participation in this race is an inherently dangerous activity and the risks of participation include, but are not limited to, death and serious bodily injury. I assume all risks associated with participating in this event, including but not limited to, the weather, conditions of the road and other race area surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and other runners. For myself, my heirs, my administrators and executors, I hereby forever waive, release and discharge the ARC its directors, officers and members, the City of Allendale, NJ and all of its various departments, employees and officials including all race sponsors, officials, participants, organizers, planners, volunteers from any injuries sustained arising out of my association with, entry in, or participation in this road race and any pre-, post-, or other race related activities.

Parent's Signature, if under 18 years \_\_\_\_\_ Date: \_\_\_\_\_

Runner's Signature \_\_\_\_\_ Date \_\_\_\_\_

WWW.ALLENDALE5K.COM