



Pompton Lakes 5K Run/Walk
Sunday August 31st, 2014
Rain or Shine

Where: Hershfield Park Pompton Lakes, N.J.

Awards: Overall Male Overall Female
 Age Groups (Male/Female)
 9 or less 10-13 14-16 17-19 20-29
 30-39 40-49 50-59 60-69 70 +

First Walker XC Team (first 3 runners to finish of team)

No duplicate awards given Shirts guaranteed to the first 150 Runners.

Cross Country Course (no not the HS course). You will be running on fields, roads, and the pipeline. Same course as all the previous years a map will be posted at the race and turns are marked with arrows, signs, and people assigned at key intersections.

Start: 9:00 a.m.

Registration: Pre registration by mail till 8/29/14 Cost: \$20.00
 Husband/Wife or 2+ members of family \$15.00 each
 Must be pre-registered to get this family rate
 XC Team Rate \$15.00 each runner must be preregistered and team must have a minimum of 3 members of high school runners
 Post registration: Hershfield Park 7:45 am- 8 45 am Cost \$25.00

Mail flyer to: Barbara Jennings, 199 Pine St., Pompton Lakes, N.J. 07442

Any questions call 973-831-7791 Checks Payable to: PL Rec - 5k Run.

Name: _____ Male Female

Address: _____

City/State/Zip Code _____

Age (day of race) _____ Phone Number (_____) _____

Email _____ Shirt Size S M L XL XXL

XC Team-School _____ Walking Runner

Waiver/Release: In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the officials and sponsors of the PL 5K Run for injury or illness which may directly or indirectly result from my participation. I am in proper condition to participate. I further give rights of reproduction for publicity use all photos taken of me at the event.

Signature: _____