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Sponsorship opportunities are still available.  
Contact Cheryl Moses, Race Director for details.  
[Moses.racedirector@gmail.com](mailto: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**

# WOOD-RIDGE MAYOR'S 5K



**Sunday, October 9, 2011**

**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 9, 2011 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 6<sup>th</sup> at  
[www.raceforum.com/wood-ridge](http://www.raceforum.com/wood-ridge)

- Register by mail before October 2<sup>nd</sup>
- 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 \_\_\_\_\_

2011 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 2<sup>nd</sup>

**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](http://www.njwoodridge.org/5krace)