

## ENTRY FORM

Please Print

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

Street: \_\_\_\_\_

City: \_\_\_\_\_

St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Sex(M/F): \_\_\_\_\_

5K Run: \_\_\_\_\_ 5K Fun Walk: \_\_\_\_\_

Shirt size: S\_ M\_ L\_ XL\_

(for pre-registrants and all post registrants while supplies last)

Pre Race Registration Due Date September 30

(no refunds)

Please make checks payable to: WM5K Race

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims for damages I may have against The RDC Committee, the race committee, the town of West Milford, their staff, officials, volunteers and their sponsors, for any and all injuries to me in said event. Furthermore, I have trained and I am physically capable of successfully competing in the race.

Signature: \_\_\_\_\_

(Parent or guardian if under 18)

Date: \_\_\_\_\_

Mail form to:

Jackie Boshart

245 Dockerty Hollow Rd

West Milford NJ 07480

For more info., please contact:

Jackie Boshart 973-728-2844

JDBOS@NJL.COM

Downloaded from CompuScore

[www.compucore.com](http://www.compucore.com)

## LIST OF PRIZES

Award Presentations and Door Prizes  
will follow conclusion of race

## RUNNERS

Trophies awarded to top overall  
male and female finishers

Medals awarded to top three finishers  
in each age group ( male & female)

### **5K RACE AGE GROUPS**

11 & UNDER	20-29	40-44	55-59
12-15	30-34	45-49	60-64
16-19	35-39	50-54	65 & over

## RACE SPONSORS

**Greenwood Lake Animal Hospital**

**Reps Fitness**

**Columbia Bank**

**Shoprite**

**A&P**

**Dr. Sal Schimmenti  
Chiropractic Physician**

# RACE DAY SPECIFICS

**SATURDAY OCTOBER 9, 2004**

**9:00AM RACE STARTS**

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**7:30 AM**

- \* Registration opens
- \* Packet Pick Up
- \* \$15.00 pre-race registration
- \* \$18.00 race day registration
- \* Shirts
- \* Door Prizes (must be present to win)
- \* Post Race Refreshments

J. Boshart  
245 Dockerty Hollow  
West Milford NJ 07480

**Registration Form Inside**



**Presents  
The 4<sup>th</sup> Annual  
West Milford 5K Race**

**To Benefit The Juvenile Diabetes  
Research Foundation**

**SATURDAY OCTOBER 9<sup>TH</sup>  
2004**

Held at the West Milford Town Hall  
1480 Union Valley Road

**RAIN OR SHINE**