

1-Mile Fun Run  
for all Ages

Family Health  
& Fitness Fair

# June 5

# Tenaflly 5k and Dog Walk

Elite Runners Start  
"ChampionChip" Timing  
by CompuScore

Sunday – 9:00 a.m.  
Tenaflly Track  
RAIN or SHINE

7:30 - 8:30 Check-in  
9:00 5k Run/Walk  
9:15 5k Dog Walk  
10:00 1-mile Dog Parade  
10:30 1-mile Fun Run  
11:30 Awards  
12:00 Raffle

**5K Run/Dog Walk** Pre-reg: \$15 adults / \$10 students under 18 • \$2 off '05 USATF-NJ & NJRRC  
Day of Race: \$20 adults / \$12 students under 18 • Walk free for kids under 5

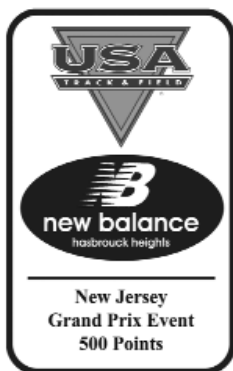
**Fun Run/Dog Parade** Pre-reg & Day of Race: \$10 • Free for 5K Runners/ Walkers  
Fun Runners get medal and T-shirt (while supplies last) • Free T-shirt to first 800 registrants

**Register on-line @ [www.Tenaflly5k.com](http://www.Tenaflly5k.com)**

Pre-Registrants can pick up bags, numbers and T-shirts at Tenaflly Rec on Friday, June 3  
Please make checks payable to: TRC, 100 Riveredge Rd., Tenaflly, NJ 07670

Trophies for  
winners ages 5 to 85!

**(201) 871-3008 or 567-8313 email [jandm220@aol.com](mailto:jandm220@aol.com)**



  
**ENGLEWOOD**  
HOSPITAL AND MEDICAL CENTER



Northern Valley  
**SUBURBANITE**

**STOP & SHOP**

**DiFeo**  
BMW In Tenaflly

Bank of America Higher Standards

**fuel**  
fitness for body & mind

Life's Good LG

**RUNNING COMPANY**

**Saga**  
debut of a legend  
Inspiring Vision & Sound for Living

**Classic REALTY GROUP**

Official Entry form due Thursday, June 2, 2005

Last name First name Gender Age on Race Day Date of birth Tenaflly School Grade

Street City State Zip Phone E-mail #

\_\_\_\_\_ 5k Run/Walk \_\_\_\_\_ 5k Dog Walk \_\_\_\_\_ Fun Run/Dog Parade  
Please make checks payable to TRC and mail to TRC, 100 Riveredge Rd., Tenaflly, NJ 07670

# 2005 NJRRC  
# 2005 USATF-NJ

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the officials and sponsors of this 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 this event.

Participant/Parent/Guardian (must be over 18 to sign)

Date