



Richard's Run



HHK 5K

to benefit Go 4 the Goal Foundation

DATE: SUNDAY, OCTOBER 4, 2009
7:00-8:00 a.m.: Check-in & Registration
8:30 a.m.: Start for 5K Run/Walk

Course: Single loop entirely within Ho-Ho-Kus **** USATF CERTIFIED****
 Start/Finish: Ho-Ho-Kus Borough Hall, 333 Warren Ave.
 (Between Sheridan & Sycamore Ave.)

*Save time on race day -
 Pick up bib number, chip and t-shirt on Saturday, October 3
 at HHK Borough Hall from 3:00 pm to 5:00 pm.*

*Runners, Walkers & Strollers Welcome!
 Trophies, Prizes & Giveaways, T-Shirt,
 Post-Race Refreshments*

INDIVIDUAL OR FAMILY REGISTRATION

INDIVIDUAL REGISTRATION
FEES: \$20 before October 3*
\$25 on October 3 & 4
*\$100 cash prize to overall male
 and overall female winners*

FAMILY REGISTRATION
FEES: \$55 Family Rate before October 3*
\$60 Family Rate on October 3 & 4
*Family entry fee includes two t-shirts
 Additional shirts may be purchased for \$10 each*

LAST NAME: _____ **FIRST NAME:** _____ **EMAIL:** _____

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP CODE:** _____

SHIRT SIZES (check one box for each member):

RUNNER (S) NAME	MALE	FEMALE	BIRTH DATE	AGE (on race day)	ADULT: S	M	L	XL	XXL	CHILD: S	M	L
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL # OF T- SHIRTS

Please make check payable to: Go 4 the Goal Foundation
Mail check to: Go 4 the Goal Foundation / Richard's Run - HHK 5K
 PO Box 433
 Ho-Ho-Kus, NJ 07423

***Entry forms must be received no later than September 25, 2009 to guarantee t-shirt.**

WWW.HHK5K.COM

RICHARD'S RUN- HHK 5 K WAS PROUDLY FOUNDED AND SUPPORTED BY THE CONTEMPORARY CLUB OF HO-HO-KUS

Please accept my entry in the 2009 Richard's Run - HHK 5K. I hereby state I have conditioned myself to participate in this event. I, for myself, my executors, administrators and assignees, do hereby release and discharge The Go 4 the Gold Foundation, its officers and members, the 2009 Richard's Run - HHK 5K, and its sponsors, officials, donors and volunteers from any and all claims, liabilities and damages arising out of or related to my participation in the 2009 Richard's Run - HHK 5K. I also authorize race officials to utilize any photographs, motion pictures, recordings and videotape of my participation in said race for any and all purposes. By signing my name below, I certify that I have read all the items and conditions of this release and do intend to be legally bound thereby. I understand that the events will be held rain or shine and NO refunds will be issued.

SIGNATURE: _____ **DATE:** _____
*Family Contact signature serves as release for all family members entered in race.
 (Parent or Legal guardian signature is required for participants under 18 years of age.)*