

CJR TRADING

presents

BENZEL BUSCH
MOTOR CAR CORP.

Morgan Stanley
Smith Barney



Richard's Run



HHK 5K

Date: SUNDAY, OCTOBER 2, 2011

7:00-8:00 a.m.: Check-in & Registration
8:30 a.m.: Start for 5k Run

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

*Save time on race day –
Pick up bib number, chip and t-shirt on Saturday, October 1
at Ridgewood Cycle Shop (35 N. Broad St.) from 10:00 am - 2:00pm
and at HHK Borough Hall from 3:00 pm to 5:00 pm.*

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

REGISTRATION INFORMATION

INDIVIDUAL REGISTRATION

FEES: \$25 Before October 1*
\$30 on October 1 & 2

**\$100 cash prize to overall male
and overall female winners**

FAMILY REGISTRATION

FEES: \$60 Family Rate Before October 1*
\$65 Family Rate on October 1 & 2

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"/>
_____	<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"/>
_____	<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"/>
_____	<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"/>
_____	<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"/>
_____	<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 / Richard's Run - HHK 5K**
PO Box 433
Ho-Ho-Kus, NJ 07423

***Entry forms must be received no later than September 23, 2011 to guarantee T-shirt.**



Please accept my entry in the 2011 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 Goal Foundation, its officers and members, the 2011 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 2011 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.)