



September 15, 2019

Witte Field
51 Johnson Avenue
Englewood Cliffs, NJ



North Jersey
2019
Grand Prix



USATF
NEW JERSEY
500 Point Event



Walkers welcome!

Supporting Englewood Cliffs Recreation, Parks and Playgrounds

Register online at EC5KRun.com or submit this form. 7:30-8:30 AM sign up on the day of the race.

- 5k run/walk 9:15 AM RACE START
\$25 PRE RACE thru 9/5/19
\$30 PRE RACE 9/6/19 thru 9/13/19
\$35 RACE DAY 9/15/19
Fun Ride After 5K
\$20 Ride 1 Ages 10 - 12
\$20 Ride 2 Ages 7 - 9
Age Groups for both male and female
- 14 and under - 50-59
- 15-19 - 60-69
- 20-29 - 70-79
- 30-39 - 80+
- 40-49

We suggest participants arrive 1 hour prior to start of each race (especially for the 5K).

- Male Female Individual Team
I would like to sponsor the Englewood Cliffs 5K Individual
Team in the amount of \$

Last Name First Name 2019 USATF NJ Number (For NBGP only) - \$3 Pre-Entry Discount

E-mail Phone Date of Birth Age (as of race date)

Address City State Zip

Check enclosed in the amount of \$

All registrations are final, non-refundable, and non-transferable. Giveaways while supplies last.

How did you hear about this race? Social Media Family Other

Englewood Cliffs 5K Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators, waive and release any claim that I may have against the Borough of Englewood Cliffs, Green Light Events, LLC, Sports Conditioning Institute, its officers and directors, the organizing committee, the sponsoring organization, the County of Bergen or their employees, representatives, successors, or assignees for, including but not limited to, any injury, loss or damages that may be suffered by me at, in, or relating to this event. Additionally, all applicants and participants, by applying or participating herein, agree to allow his or her likeness to be reproduced and used by the Borough of Englewood Cliffs and its vendors in furtherance of the activities connected with the annual event known as the 'Englewood Cliffs Annual 5K Run'.

Date Signature Parent's Signature of consent (if entrant is under 18)

For information about Englewood Cliffs 5K call Nick at 201-891-4115 or e-mail joannidis2@yahoo.com.

Recreation Dept. • 482 Hudson Terrace • Englewood Cliffs, NJ 07632 • Please make checks to: Borough of Englewood Cliffs