



# ARBORETUM RUN

## SEPTEMBER 5, 2016

THE GLEN ROCK POOL • 390 DOREMUS AVENUE, GLEN ROCK  
STARTING GUN: 5K/8:30 A.M. • JUNIOR MILE/9:30 • KIDS FUN RUN/9:45

THERE ARE FOUR WAYS TO REGISTER:

- 1. WEB:** <https://runsignup.com/Races?s=&name=Glen+Rock+Jaycees+Arboretum+Run+-+5K>
- 2. MAIL** this application with payment by August 25, 2016. See address below.
- 3. PACKET PICKUP** Bring application and payment in person to *Race Faster* on Friday & Saturday, Sept. 3&4, between noon to 4 p.m. The address is 11 North Broad St. in Ridgewood.
- 4. REGISTER** the day of the race at the Glen Rock Pool. Note: \$5 dollar surcharge day of the race.

**PLEASE NOTE:**

Water stations will be on course. Complimentary refreshments and post-race snacks will also be available. Awards ceremony takes place at 10 a.m.

**RACE RESULTS AVAILABLE AT:**  
[www.compucore.com](http://www.compucore.com)

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NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

### NEW TECH SHIRTS!!

SPECIFY YOUR EVENT: **5K** \_\_\_\_ (\$25) **JUNIOR MILE / FUN RUN:** \_\_\_\_ (\$10)  
Make checks payable to: Glen Rock Jaycees, P.O. Box 152, Glen Rock, NJ 07452

T-SHIRTS are included for all events while supplies last. Please specify your size.

**Adults** Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ X-Large \_\_\_\_  
**Children** Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_



*In consideration of this entry being accepted, I hereby, for myself, executors and administrators, waive and release any claims I may have against the Borough of Glen Rock, the Glen Rock Jaycees, Arboretum Sponsors, contributors, sanctioning bodies or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I also certify I am in proper physical condition for this event.*

SIGNATURE: \_\_\_\_\_  
PARENT SIGNATURE (if under 18 years old): \_\_\_\_\_

**FOR MORE INFORMATION,** contact **ROB VANDERVALK** via phone at **917.974.2496** or at [rob.vandervalk@capitalone.com](mailto:rob.vandervalk@capitalone.com)

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