

The Greenwich Township first

# HERO 5k Run/Walk

Saturday, October 9<sup>th</sup> opening 7:30A.M.

*Proceeds will go to a local fallen Officer's family*

**LOCATION:** Thomas Stewart Park, 112 Greenwich St, Stewartsville, NJ 08886

**COURSE:** GREAT place to visit. Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds.

**WHEN:** Saturday, October 9, 2021

7:30 a.m. – Registration begins

08:30a.m.– 5K Run begins

Awards presented when the last walker crosses the finish line

**AWARDS:** 5K: Separate awards for the 1st, 2nd, and 3rd Place Male and Female in the age group winners and runners-up. Awards category as listed:

17 and Under, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-70, 71 and over

**ENTRY:** 5k run and walk: \$30 if registered by Oct. 2<sup>nd</sup> incl. T-shirt. Price increased to \$40 after Oct. 2 including the day of the race. Accepting cash or check only on race day. T-shirt not guaranteed.

ONLINE AND DAY OF RACE REGISTRATION ONLY – No Mail In Reg. Form accepted

Registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(Nominal processing fee applies, closes at midnight, the Wed. of race week)

**RACE DIRECTOR:** Colleen Colucci, 484-515-5835 text or call

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Mail In forms not accepted. ~ Online Registration Only ~ For Race Day Registration fill out the form below  
Checks made out to: Greenwich Recreational Committee.

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K Walk      Sex: M F      Race day age: \_\_\_\_\_      Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL XXL      Phone: (\_\_\_\_) \_\_\_\_\_      A.M. or P.M.??  
circle one or both

Email: (print clearly)

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**WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Greenwich recreational Committee, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_

date \_\_\_\_/\_\_\_\_/ 20\_\_