

ANGELS OF HOPE

5th Annual 5K Run/Walk

KIDS FUN RUN & BBQ

Sunday ~ April 18th

(Rain or Shine)



TO BENEFIT:
WOMEN'S HEALTH
AT THE



Location: McBride Field – Across from the Market Basket
Franklin Lakes Road, Franklin Lakes, NJ

Schedule: 8:00AM Registration
Breakfast & Stretching
10:00 AM 5K Run/Walk
12:00 Noon—Kids Fun Run
1:00 - Awards - Medals to top 3 winner in each age category
Followed by a complimentary BBQ sponsored by the **NEW** Wyckoff Deli

Fees: 5K Registration \$30.00 (\$40.00 Day of Race)
Kid's Fun Run: FREE 8 years old or under, must be accompanied by an adult

Plus pledges ~ Pledges are important to help us reach our goals!
Prizes awarded to the top three individuals submitting the largest dollar amount!!

COMPLIMENTARY T-SHIRTS FOR FIRST 500 REGISTRANTS

Course: Residential area, mostly flat course with 2 slight uphill
Certified: #NJ10502JHP

Registration: By Mail to: Angels of Hope, 637 Wyckoff Avenue, Suite 201, Wyckoff, NJ 07480
Or www.aoh-nj.org

Results by: BestRace.com

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Name: _____

Age: _____ M/F _____ Walker/Runner _____

Address: _____ City: _____ State: _____ Zip: _____ Email: _____

T-Shirt Size: Adult (only) Sm _____ Med _____ Lg _____ XL _____

Waiver,
I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, and anyone entitled to act on my behalf, waive and release the Borough of Franklin Lakes, Angels of Hope Foundation, all race volunteers, organizers, sponsors, their representatives, employees and successors from any claims, responsibilities and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (if under 18 parent/guardian must sign) _____