



7th Annual Rover and Clover 5K Run/Walk and Dog Walk Sunday March 18, 2012

Proceeds to Benefit the Hillsdale Grammar School Technology Programs
And the Pascack Valley High School Scholarship Fund

Community Life

Title Sponsor

Schedule:

- 7:30 Check-in
- 8:45 Briefing
- 9:00 5K and Walk Begin
- 10:30 Awards

Check-in

Meadowbrook Grammar School
Piermont and Ruckman Rd.

Starting Line:

Stonybrook Swim Club
183 Cedar Ave

Contacts:

Jen Haskins / Art Haskins
(201) 664-5150
brgnctnycoop@aol.com

Info:

On-line Registration: www.RaceForum.com/Rover

Race Results : www.bestrace.com

Entry Fees

Pre-Registration	\$21.00
Day of Race	\$23.00
Children under 18	\$15.00

Make Check Out To: Hillsdale 5K Run

Amenities:

- Race T-Shirts (1st 200 paid participants)
- Race Packets
- Restroom facilities
- Post-race refreshments
- Glen Rock Digital Photographer
- Course Certified
- NJ06528JHP



Awards:

- Trophies for Hillsdale top male and female
- Trophies for top male and female
- Medals for top 3 male and female
- 14- Under 30-39 60-69
- 15-18 40-49 70 and over
- 19-29 50-59

Food Pantry Collection of Paper Goods and Non-perishable Food

Official Entry Form –Pre Registration Ends March 16, 2012
Mail Check to: Hillsdale 5K One Winkler Way Hillsdale NJ 07642

Last Name: _____ First Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____ DOB: _____ Age: _____ Sex: M / F
(Circle one)

Event: 5K Run / Walk / Dog Walk T- Shirt Size: S / M / L / XL (Adult sizes)

In consideration of this entry being accepted, I hereby for Heirs, executors, administrators, and myself waive any claim that I may have against the Borough of Hillsdale, Hillsdale Volunteer Ambulance Corps, Hillsdale Police Dept and volunteers, or their representatives, successors, or assignees for any injuries that may be suffered by me in this event. I do hereby certify that I am in physical condition for this event

ALL DOGS MUST BE LICENSED, SOCIAL WITH OTHER DOGS AND PEOPLE.

Signature _____ Parent Signature (under18) _____

Direct Link to Online Registration

www.RaceForum.com/Rover

