



Start your Thanksgiving Day off on the right foot...
Come Celebrate the 21st Running of the USR 5K Run



USR Recreation Commission

Date & Location

Thursday November 28, 2019
Upper Saddle River, NJ

Schedule

7:30am – Check In
9:00am - 5K Run

Registration

Raceforum.com/USR, By Mail, or In Person

Entry Fees

Pre-registration - \$30
Race-day - \$35

Course

Single loop with both hilly and flat portions.
Digital clock at 1 mile and 2 mile marks and
water station at halfway point.

Awards

Top 3 overall and age group, male and
female Top 5 family teams (minimum of 3
members, all must be pre-registered)

Age Groups

8 & under to 70 & over

Amenities

Long sleeve t shirt
2,400 runners, DJ, refreshments, indoor
facilities

More Information and Directions

www.USR5k.org

MUST BE POSTMARKED BY 11/15/19

Last Name First Name

Street City

State Zip Phone

D.O.B Age on Race Day Gender

Email Preferred Shirt Size: Youth Small, Youth
Medium, Youth Large, AS,AM,AL,AXL, A2XL

List Members of Family Team if Participating

☐ Pre-registration \$30

☐ Race-day \$35

USATF# _____ Current Members: \$3 off

Checks payable: Borough of USR

Mail to: USR 5k Run, P.O. Box 569, Saddle River, NJ 07458

Release: In consideration of the foregoing, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Upper Saddle River Recreation Commission, David Siconolfi and Compuscore, the Borough of Upper Saddle River and any and all participating sponsors, donors, and supporters, for all claims of damages, demands and actions whatsoever in any matter as a result of my participating in USR 5k Run. I attest and verify that I am physically fit and capable of running a 5K footrace and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. The Upper Saddle River Recreation Commission reserves the right to reject any entry.

Signature (parent if under 18)

Date