



## 5K Run and Mile Walk

Father's Day

Sunday, June 19, 2016

8:45am Start

Westvale Park

Westwood, NJ

### Featuring

Commemorative T-Shirt

DJ

Father's Day Bar-B-Que

Sponsor Give-Aways

Sgt. Christopher Hrbek Scholarship Fund  
40 Second Avenue  
Westwood, NJ 07675



### Date & Location

Sunday, June 19, 2016

Westvale Park (Harrington Ave & Sand Rd)  
Westwood, NJ

### Schedule

8:45 am	Salute to Armed Forces
9:00 am	5K Run
10:00 am	Mile Walk

### Registration

Online at [www.Raceforum.com/Westwood](http://www.Raceforum.com/Westwood)

By mail with attached entry form

### Entry Fees

5K	\$25
5K with USATF-NJ #	\$22
5K on Race Day	\$30
Mile Walk	\$5

### Course

Mostly flat run through shaded park pathways and residential roads. Water stops and clocks at every mile.

### Awards – Male & Female

- Top three overall finishers
- Top three finishers in 5-year age groups to 80+
- First Westwood resident
- Finisher ribbons for all runners 12 and under
- Top three father & son/daughter teams

### Amenities

Commemorative t-shirt, DJ, post-race Father's Day bar-b-que, sponsor give-aways and photography by ErikaDeer.com

### Scoring

B-Tag by Compuscore



### To Volunteer

Cheryl Hodges

201.697.6900

[Cherylh59@yahoo.com](mailto:Cherylh59@yahoo.com)



Sunday, June 19, 2016

Westvale Park, Westwood, NJ



Rain or Shine

### Information

Cheryl Moses, Race Director

551-427-2505

[Moses.racedirector@gmail.com](mailto:Moses.racedirector@gmail.com)

**Who Benefits?**  
**The Sgt. Christopher Hrbek**  
**Memorial Scholarship Fund**

On January 14, 2010, our community lost a hero. Christopher Hrbek was a 2002 graduate of Westwood High School who overcame academic challenges. He was giving, kind, motivated, funny, dedicated and patriotic. These qualities, along with his desire to serve his community, helped him to achieve his goal of becoming a United States Marine. The Sgt. Christopher Hrbek Memorial Scholarship, in the amount of \$2,500, will be awarded annually to a graduating student at Westwood High School who demonstrates a commitment to pursuing a career involving service to others. For more information, visit [www.sgthrbek.com](http://www.sgthrbek.com)

The Fund is a 501c3 non-profit organization, Federal ID# 27-2216738.



“If I die tomorrow, I will die happy. How many people can say they had the chance to do something they really loved? I just love being a United States Marine.”  
*Sgt. Christopher R. Hrbek, USMC,  
KIA January 14, 2010, Purple Heart and  
Bronze Star Recipient*



**Directions**

**From South:** Garden State Parkway North to Exit 168. Keep right onto Washington Ave. Slight left onto Westwood Ave. Right onto Harrington Ave. Enter Westvale Park on the right.

**From North:** I-87/NY State Thruway to Exit 14. Garden State Parkway South to Exit 168. Follow direction from South.

**From West:** Route 208 South to Route 4 East to Route 17 North to Garden State Parkway North. Follow directions from South.

**From East:** I-95 South to George Washington Bridge upper level. Stay right over bridge to Route 4 West via Exit 72A. Forest Ave exit, bear right. Forest Ave becomes 4<sup>th</sup> Ave. Slight right onto 3<sup>rd</sup> Ave. Right on Washington Ave. Slight left onto Westwood Ave. Right onto Harrington Ave. Enter Westvale Park on the right.

**2016 Entry Form**

BIB #

Checks payable to:  
Sgt. Christopher Hrbek Scholarship Fund  
Mail to: Moses Productions  
545 Spencer Drive, Wyckoff, NJ 07481

*One Entry Per Person  
Must be postmarked by June 16<sup>th</sup>*

First name

Last name

Street

CityStateZip

Phone

Email

Date of BirthAge on Race Day

Gender (M/F)20156 USATF-NJ#

Father & Son/Daughter Team Member

**Entry Fees**  
*Please check one*

- ☐ 5K\$25
- ☐ 5K with USATF-NJ#\$22
- ☐ 5K on Race Day\$30
- ☐ Mile Walk\$5

Non-participant donation \$\_\_\_\_\_

Adult Shirt Size: ☐S ☐M ☐L ☐XL  
*(T-shirts for registered 5K runners only)*

**Waiver Release:** In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against the Borough of Westwood, County of Bergen, The Sgt. Christopher Hrbek Scholarship Fund, Moses Productions and any and all parties, organizations, volunteers and sponsors involved in the Westwood Dad’s Dash for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

Participant SignatureDate

Signature of guardian if participant is under 18

