



THE CONTEMPORARY CLUB OF HO-HO-KUS PRESENTS

Richard's Run



HHK 5K

to benefit The Emmanuel Cancer Foundation and Go 4 the Goal Foundation

DATE: SUNDAY, OCTOBER 5, 2008
7:00-8:00 a.m.: Check-in & Registration
8:30 a.m.: Start for 5K Run/Walk

Course: Single loop entirely within Ho-Ho-Kus **** USATF CERTIFIED****
Start/Finish: Ho-Ho-Kus Borough Hall, 333 Warren Ave.
(Between Sheridan & Sycamore Ave.)

*Save time on race day -
Pick up bib number, chip and t-shirt on Saturday, October 4
at HHK Borough Hall from 3:00 pm to 5:00 pm.*

*Runners, Walkers & Strollers Welcome!
Trophies, Prizes & Giveaways, Long Sleeve T-Shirt,
Post-Race Refreshments*

INDIVIDUAL OR FAMILY REGISTRATION

INDIVIDUAL REGISTRATION
FEES: \$20 before October 4*
\$25 on October 4 & 5

FAMILY REGISTRATION
FEES: \$50 Family Rate before October 4*
\$55 Family Rate on October 4 & 5
Family entry fee includes two t-shirts
Additional shirts may be purchased for \$10 each

LAST NAME: _____ FIRST NAME: _____ EMAIL: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

GROUP NAME (If applicable): _____ (Groups can be 3-6 people)

SHIRT SIZES (check one box for each member):

RUNNER (S) NAME	MALE	FEMALE	BIRTH DATE	AGE (on race day)	ADULT: S M L XL XXL	CHILD: S M L
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

Please make check payable to: **The Contemporary Club of Ho-Ho-Kus / Richard's Run - HHK 5K**
Mail check to: **The Contemporary Club of Ho-Ho-Kus / Richard's Run - HHK 5K**
PO Box 241
Ho-Ho-Kus, NJ 07423

***Entry forms must be received no later than September 22, 2008 to guarantee t-shirt.**

TOTAL # OF FAMILY SHIRTS

Visit us at
WWW.HHK5K.COM
for Additional Entry Forms,
Directions & Parking Information

Please accept my entry in the 2008 Richard's Run - HHK 5K. I hereby state I have conditioned myself to participate in this event. I, for myself, my executors, administrators and assignees, do hereby release and discharge The Contemporary Club of Ho-Ho-Kus, its officers and members, the 2008 Richard's Run - HHK 5K, and its sponsors, officials, donors and volunteers from any and all claims, liabilities and damages arising out of or related to my participation in the 2008 Richard's Run - HHK 5K. I also authorize race officials to utilize any photographs, motion pictures, recordings and videotape of my participation in said race for any and all purposes. By signing my name below, I certify that I have read all the items and conditions of this release and do intend to be legally bound thereby. I understand that the events will be held rain or shine and NO refunds will be issued.

SIGNATURE: _____
Family Contact signature serves as release for all family members entered in race.
(Parent or Legal guardian signature is required for participants under 18 years of age.)

DATE: _____