

1ST ANNUAL B.P.O.E 1506 ELKS RPFD STEPHEN DEMBSKI



MEMORIAL 5K RUN & FAMILY WALK

Sunday September 28, 2008

Rain or Shine

**Start and Finish at
Ridgefield Park Junior/Senior High School**

TO ENTER

Fill in form below and make check payable to:
Ridgefield Park Elks Lodge
c/o Elks/Dembski Memorial Run
Spruce and Cedar Streets
Ridgefield Park, NJ 07660
Attn: Dana McGrath/Youth Activities

RACE SCHEDULE

8:30 AM-10 AM Registration
10:30 AM 5K Race
10:45 AM Family Walk
11:30 AM Awards
12 NOON-2 PM Barbeque

AWARDS

Gold: Overall Woman
Gold: Overall Male
Gold: 1st Responder Member
Gold: 1st Elks Member
TOP 3 Places by Age Group
Male/Female Under 14 Years
15-19 Years, 20-29 Years, 30-39 Years
40-49 Years, 50-59 Years, 60 and over

Contacts:

George Fosdick at Ghfosdick@yahoo.com 201-921-7194

Dana McGrath at Browneyesdm@aol.com 201-281-3782

Please refer to the Elks/Dembski Memorial Run in the subject line

For more information go to www.ridgefieldpark.org under Events

Chip Scoring by

Elite Racing



Name _____ Male Female Age on Race Day _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-Mail _____

1st Responder Member Yes No Elks Member Yes No

Tee Shirt Circle One: S M L XL

\$25 Before Sept. 1

\$30 On Race Day

\$30 Family Walker Package (Family of Four) \$10 Additional Members

WAIVER

I know that running or walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your excepting my entry into this run/walk race, I for myself and anyone entitled to act on my behalf, waive and release the Ridgefield Park Elks Lodge #1506 and the Ridgefield Park Fire Department, its members, volunteers, officers and anyone associated with the run/walk from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, roller blades, roller skates, animals and radio headsets are not allowed in this event and I will abide by these guidelines.

Signature _____ Date: _____

If participant is under 18 Signature of a parent or guardian