



2nd Annual Stephen Dembski

Memorial 5k Run and Family Walk

In memory of Ridgefield Park Firefighter and Ex-Chief Stephen Dembski
L.O.D.D. July 15, 2007

Sunday October 4, 2009

Rain or Shine

Race Begins at Ridgefield Park
Jr. Sr. High School
Located at: 1 Ozzie Nelson Dr.

Race Schedule:

- 6:30 AM - Registration Opens
- 9:00 AM - 5k Race
- 9:10 AM - Family Walk
- 10:00 AM - Awards Ceremony and Refreshments

Awards:

Overall Male & Female; 1st Place First Responder;
1st Place Elk; Top 3 Finishers for Age Groups(male/
female): Under 14 Years of Age; Ages 15-19; 20-29;
30-39; 40-49; 50-59; 60 and over

To Enter:

Complete Form Below and mail to:
Ridgefield Park Elks Lodge
Corner of Spruce and Cedar Sts.
Ridgefield Pk, NJ 07660
Attn: Dana McGrath - Dembski Run
** Make checks payable to: R.P. Elks Lodge c/o
Dembski Run

Contact:

George Fosdick: ghfosdick@yahoo.com or 201-921-7194
Dana McGrath: browneyesdm@aol.com or 201-281-3782

Name Male Female Age on Race Day

Address City State Zip

Phone Number email First Responder? Elk?

T-Shirt Size: S M L XL

****First 250 People to Register are Guaranteed Race T-Shirts****

- \$20 - All Registrants 18 years old and younger
- \$20 Pre-register (Before Sept. 10)
- \$25 After September 10
- \$25 Family Walker Package (Up to 4 Family Members - \$5 each add'l family member)

ELECTRONIC TIMING PROVIDED

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 accepting 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