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12th Annual TEF Tenafly 5K Run & Rolo Dog Walk Welcomes Thousands of Runners and Hundreds of Dogs

Event to feature new Challenge Run for Children and Adults with Special Needs and new, faster USATF-certified 5K course through Tenafly's tree-lined streets

Tenafly, NJ, April 9, 2010 — The Tenafly Educational Foundation's annual Tenafly 5K Run and Rolo Dog Walk, now in its 12th year, will take place on Sunday, June 6, at the Tenafly Middle School on Sunset Lane in Tenafly, from 8 a.m. to noon. With an ever-increasing crowd each year, organizers are expecting the largest turnout ever and have added several new features to the events of the day to appeal to runners and non-runners alike. Prices for this year's events are still frozen at 2006 rates so that families can continue to participate as they have in the past.

The 5K course will follow a new, USATF-certified route through the tree-lined streets of Tenafly, with hundreds of volunteers doling out cups of water and cheering on the runners. The event will also feature a newly-created Challenge Course and 1-lap Run for Children and Adults with Special Needs, to include games, activities and a race to bring out the champion in everyone.

The first race of the day is the 5K Run, Walk, and Stroller Trot, which begins at 9:00 a.m. sharp, followed by the 5K Rolo Dog Walk at 9:10. The Dog Parade begins at 10:00, the Challenge Course for Children and Adults with Special Needs opens at 10:15, the 1-Mile Fun Run takes off at 10:30 and the 1-Mile Doggie Fun Run at 10:40. The first ever TEF 1-lap Run for Children and Adults with Special Needs will begin at 10:45.

The day concludes with the awards ceremony at 11:15 in the Tenafly Middle School cafeteria. This year's awards ceremony will continue the tradition of recognizing runners who have participated in the event for 10 years. Ten-year participants are encouraged to email info@tenafly5k.com to receive their free commemorative shirt. As part of the awards ceremony, members of TEF will also announce the winner of the second annual TEF Community Service Award Scholarship.

This year's Challenge Course and 1-lap Run for Children and Adults with Special Needs has long been a goal of the event's founder Judy Aronson. "Being inclusive of everyone in our town is what TEF has always been about, so we wanted to make our 5K Run a place where the entire family can share in the challenge," Aronson explained.



The 1-lap Challenge Run will also be accompanied by a variety of sports activities and games designed for participants of all abilities and ages. Volunteers looking to help lead these activities should contact Aronson at info@tenafly5k.com.

In addition to the athletic and pet-friendly events, the TEF 5K also features a Family Health and Fitness Fair (8:00 am – 11:30 am) with scores of vendors inside and outside the Tenafly Middle School Gym.

“What makes this event so great is the town-wide enthusiasm we see from residents of all ages and from runners who come from all over the tri-state area,” Aronson said. “It’s a great way for families to share a fitness experience while our sponsors reach the very lucrative consumer market here in Bergen County.”

Englewood Hospital and Medical Center, TEF’s longtime 5K partner, will once again join as a Platinum Sponsor, and as always, Rolo, the hospital’s pet therapy dog, will lead the 5K Rolo Dog Walk. Platinum Sponsor Kaplen JCC on the Palisades will, once again, lead the fitness warm-ups for both the 5K race and the Fun Run. Additionally, TEF is proud to welcome two new Platinum Sponsors, CNN and TD Bank. Northern Valley Suburbanite will continue its support as a Gold Medal Sponsor, and this year’s 5K pace cars will be provided by longtime TEF supporter BMW of Tenafly. Stop & Shop Supermarkets, Hobby’s Delicatessen of Newark and Fiji Natural Artesian Water will generously provide delicious food and beverages for the more than 4,000 people in attendance.

All profits from the Tenafly 5K Run benefit the Tenafly Educational Foundation, the 26-year-old 501(c) 3 not-for-profit organization that provides funding to support teacher-generated educational grants for Tenafly’s public schools.

To register for any of the activities, go to www.tenafly5k.com. For more information about the event, or to become a sponsor and take advantages of the many marketing opportunities this event offers to businesses and services in the region, e-mail info@tenafly5k.com or call 201-567-8313.

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