



Tenaflly 5K Run and Dog Walk

Sunday, June 7, 2020

To benefit the
Tenaflly Educational Foundation
(a 501(c)(3) nonprofit organization)

Presented by the Palisades Running Club

Registration forms must be received by March 2 for below Early Bird pricing. Beginning March 3, pre-race day pricing is in effect. See website for additional information. For more information: www.tenaflly5k.com

Event	Start Time	Fees
5K Run	9:00am	___\$20.00 [Adult] ___\$15.00 [Under 18] ___\$18.00 [65 and over]
5K Dog Walk	9:05am	___\$20.00 [Adult] ___\$15.00 [Under 18] ___\$18.00 [65 and over]

*Note: All dogs must be on hand-held leashes; no extended leashes are permitted. Please clean up after your dogs.

Dog Parade 10:00am ___\$15.00
Presented by the Tenaflly Veterinary Center

Tiger Cubs Races 10:00am ___\$15.00
**Open to ages 6 and under*

JCC 1-Mile Fun Run 10:30am ___\$15.00
Presented by the Kaplen JCC on the Palisades

Available discounts:

- ___ Palisades Running Club members (-\$2)
- ___ Englewood Health employees (-\$2)
- ___ Honda of Tenaflly employees (-\$2)
- ___ JCC on the Palisades employees (-\$2)
- ___ USATF member (-\$3) USATF #: _____ [discount available off 5K Run pricing only]

Optional donation to TEF: ___\$1000 ___\$500 ___\$250 ___\$100 \$ _____ other amount

Make checks payable to "TEF" and mail to Tenaflly 5K, PO Box 384, Tenaflly NJ 07670. TOTAL: \$ _____

NAME _____ MALE _____ FEMALE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

AGE ON RACE DAY _____ BIRTH DATE _____

TENAFLY STUDENT? Y/N TPS EMPLOYEE? Y/N *Tenaflly students must include grade and school to be eligible for awards.*
SCHOOL (enter grade): ___ THS ___ TMS ___ MACKAY ___ MAUGHAM ___ SMITH ___ STILLMAN ___ OTHER

HOW MANY YEARS HAVE YOU PARTICIPATED IN THE TENAFLY 5K? ___ 1ST TIME OR ___ NUMBER OF YEARS

Will you be attending our Free Pasta Party on Saturday, June 6? Y/N # of people: _____
Pick a time to attend: ___ 5:30-6:15pm ___ 6:15-7:00pm ___ 7:00-7:45pm

Waiver/Release: In consideration of the foregoing, I for myself, my executors, administrators and assignees do hereby release and discharge the officials, organizers, presenters, volunteers and sponsors of this run for injury or illness which may directly or indirectly result from my participation and I am in proper condition to participate. I further give rights of reproduction for publicity use of all photos taken of me at this event. I UNDERSTAND THAT NO REFUNDS WILL BE PERMITTED.

Signature _____ Date _____

If Participant is under 18: Please print name and relationship: _____

