



Tenafly 5K Run and Dog Walk

SUNDAY, JUNE 5, 2022

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

Presented by the Palisades Running Club

Registration forms must be received by March 1 for Early Bird pricing.

Beginning March 2, pre-registration pricing is in effect. For more information: www.tenafly5k.com

Event	Start Time	Fees		
5K Run	9:00am			
	Early Bird (by March 1)	___\$25.00 [Adult]	___\$20.00 [Under 18]	___\$23.00 [65 and over]
	Pre-Registration (by June 2)	___\$30.00 [Adult]	___\$25.00 [Under 18]	___\$28.00 [65 and over]

5K Dog Walk	9:05am			
<i>*Note: All dogs must be on hand-held leashes; no extended leashes are permitted. Please clean up after your dogs.</i>				
	Early Bird (by March 1)	___\$25.00 [Adult]	___\$20.00 [Under 18]	___\$23.00 [65 and over]
	Pre-Registration (by June 2)	___\$30.00 [Adult]	___\$25.00 [Under 18]	___\$28.00 [65 and over]

Dog Parade 10:00am ___\$15.00

Tiger Cubs Races 10:00am ___\$15.00

**Open to ages 6 and under*

1-Mile Fun Run 10:30am ___\$15.00



Available discounts:

___ Palisades Running Club members (-\$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 Tenafly 5K, PO Box 384, Tenafly NJ 07670. TOTAL: \$ _____

NAME _____ MALE ___ FEMALE ___ NON-BINARY

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

AGE ON RACE DAY _____ BIRTH DATE _____

TENAFLY STUDENT? Y/N TPS EMPLOYEE? Y/N *Tenafly students must include grade and school to be eligible for awards.*

SCHOOL (enter grade): ___ THS ___ TMS ___ MACKAY ___ MAUGHAM ___ SMITH ___ STILLMAN ___ OTHER

Waiver/Release: In consideration of the acceptance of this application, I, for myself, my executors, administrators, and assignees, and anyone else entitled to act on my behalf, do hereby waive, release and discharge the officials and sponsors of this run, including but not limited to, the Tenafly Educational Foundation, the Palisades Running Club, RunSignUp.com, Borough of Tenafly, the Tenafly Board of Education, the Tenafly Police Department, any officers, directors or volunteers of the above entities, and all sponsors for injury or illness which may directly or indirectly result from my participation. Further, I confirm that I am in proper condition to participate. I assume all risks associated with running or participating including, but not limited to, falls, contact with other participants including dogs, the effects of the weather, including high heat, humidity, extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. I understand that I am solely responsible for ensuring my personal safety and for the safety of my pet (if applicable). If I am registering for a pet event, I agree to keep my pet on a handheld leash at all times while participating or attending any event, to control my pet and to abide by all instructions by race directors, staff and volunteers. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I AGREE TO FOLLOW ALL RULES TO PROTECT MYSELF AND OTHER PARTICIPANTS, ATTENDEES, SPONSORS, STAFF, AND VOLUNTEERS FROM THE TRANSMISSION OF THE COVID-19 VIRUS OR OTHER COMMUNICABLE DISEASES. I understand that if I fail to follow such rules, I may be prevented from participating in the event and that my registration will not be refunded or credited. I further give rights of reproduction for publicity use of all photos and videos taken of me at this event. I UNDERSTAND THAT MY REGISTRATION CANNOT BE REFUNDED FOR ANY REASON.

Signature _____ Date _____

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