



Harrington Park 5K
Fall Spectacular

USATF-NJ Grand Prix Event

USATF Certified Course & Sanctioned

Benefiting

HP Volunteer Ambulance * HP Fire Dept

HP Public School * HP Library

Scholarships & Community

RAIN OR SHINE



Fall Spectacular

- Events:** 5K “Fall Spectacular” Run & Walk
Mile Fun Run (ages 9 and under)
Kiddie Dash (ages 6 and under)
- Course:** The 5K course is a USATF Certified “relatively flat” road course with a water stop through Scenic Harrington Park.
- Location:** Harrington Park School
191 Harriot Avenue, Harrington Park, NJ
- When:** **Saturday, November 4th, 2023**

Harrington Park 5K Fall Spectacular

PO Box 83

Harrington Park, New Jersey 07640

Race Times and Awards:

- 8 am Same Day Registration
- 9 am Kiddie Dash
- 9:15 am Mile Fun Run
- 10 am 5K Run & Walk Start
- 11 am Awards

Questions: Email us at hp5k@optonline.net

Website: www.hp5k.org

Course Map: Available on our website

- Long sleeve “tech tops” to the first 500 pre-registrants, and while supplies last, for the 5K
- Cotton T-shirts for all Mile Fun Run and Kiddie Dash participants
- **Large Warm Gym for Pre-Race & Awards**
- Clean Indoor Restrooms (No Portable Units)
- Well established traffic free course
- 1st and 2nd Mile Timing Clocks
- Ample Parking – HP Borough Hall, OLV Church, Community Church, St Andrews Church

Registration and Bib Pick-up

Mail: HP Road Runners Association, Inc.
PO Box 83
Harrington Park, NJ 07640

On-line: www.hp5k.org or
www.bestrace.com

Bib Pick-up and In-person Registration:

HP School Gym - Friday 11/3 (5pm – 8pm)

- Race Day 11/4 (8am-9:45am)

RAIN OR SHINE

Awards

- Top 3 M & F Overall
- Top 3 M & F per age group in 5 year age groups, 9 & under through 85+
- Top 3 M & F HP Residents
- Top M & F Harrington Park School Students (K-8)
- Top 3 Harrington Park Fastest Families (using aggregate of immediate family 3 fastest times)

Payment

	<u>Postmarked by 10/15</u>	<u>After 10/15</u>
Adult	\$ 25	\$ 30
USATF-NJ Members	\$ 22	\$ 27
Students 14 & Under	\$ 20	\$ 25
Mile Fun Run 9 & Under	\$ 10	\$ 10
Kiddie Dash 6 & Under	\$ 5	\$ 5

Make checks payable to: **Harrington Park Road Runners Association**

The HP5K Fall Spectacular is open to all abilities:
racers, runners, slow joggers and walkers

Event: 5K Mile Fun Run Kiddie Dash

Last Name: _____

First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Age (on 11/4/2023): _____ Sex (M/F) _____

Date of Birth (MM/DD/YYYY) _____

USATF-NJ # _____

Current Harrington Park School Student? Yes
Harrington Pk Fastest Family Team Member? Yes

T-shirt size for 5k participants (Circle your choice):

Men’s sizes: S M L XL XXL Womens: S M L

******* Sign the Waiver *******

In Consideration of this entry being accepted, I hereby for heirs, executors, administrators, and myself waive any claims that I may have against Harrington Park Road Runners Assoc., Borough of Harrington Park (HP), HP Volunteers Ambulance Corp, HP Police Dept., HP Board of Education, HP School or their representatives, successors, or assignees for any injuries that may be suffered by me in this event. I certify that I am in physical condition for this event.

Signature: (parent or guardian if under 18)

_____ Date _____