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Harrington Park 5K Fall Spectacular

PO Box 83

Harrington Park, New Jersey 07640

[](http://www.hp5k.com)

**Home of the 2022 Master’s Men Championship – NJ**

USATF Certified Course & Sanctioned

Benefiting

**HP Volunteer Ambulance \* HP Fire Dept**

**HP Public School \* HP Library**

**Scholarships & Community**

**Saturday November 12th, 2022**

**Harrington Park ❖ New Jersey**

**www.hp5k.org**

[](http://www.harringtonparknj.gov/fire_department.html)[](http://www.harringtonparknj.gov/ambulance_corps.html)[](http://www.hpsd.org)**RAIN OR SHINE**

**Fall Spectacular**

**Amenities**

**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 two waters stops through Scenic Harrington Park.

**Location:** Harrington Park School

191 Harriot Avenue, Harrington Park, NJ

**When:** **Saturday, November 13th, 2022**

* 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

**Registration and Bib Pick-up**

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

**On-line:** [www.hp5k.org](http://www.hp5k.org) or www.bestrace.com

**Bib Pick-up and In-person Registration:**

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

- Race Day 11/12 (8am-9:45am)

**RAIN OR SHINE**

* 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 course, water stations at 1st and 2nd Mile Clocks
* Ample Parking – HP Borough Hall, OLV Church, Community Church, St Andrews Church

**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)

**Fees**

Postmarked by 10/16 After 10/16 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**

**Fall Spectacular Official Entry Form**

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 11/13/2021): \_\_\_\_\_\_\_\_ 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 \_\_\_\_\_\_\_\_\_\_\_\_