WWW.TRANSITIONSRUNWALK.COM

NORWESCAP
Northwest New Jersey Community Action Program, Inc.

A celebration to benefit
The Career and Life Transitions Center for Women.

Sunday, November 6, 2011

The American Legion,
Hackettstown, NJ, Warren County

Registration Opens at 8 am
Kids' Dash (for children under 10) Starts at 9:15 am
Run/Walk Start s at 9:45 am
Awards Ceremony starts 11:00 am
Free Childcare during the 5k Run/Walk for all participants.

For more information, please e-mail: transistions@norwescap.org or call (908) 835-2624.
To Register, Please complete and return the form below with payment made payable to:
NORWESCAP Transitions - 108 East Washington Avenue - Washington, NJ 07882
or register on-line @ www.raceforum.com/transitions

USA Track & Field New Jersey
new balance north jersey
New Balance Grand Prix 500 points

RUN.SWIM.BIKE.PLAY RACE FORUM

$20 for entries received **by Oct. 14th**, includes t-shirt
$25 for entries received **by Oct. 28th**, t-shirts while supplies last
$28 for entries received **after Oct. 28th**, t-shirts while supplies last
$2 Discount for Pre-Registered USATF-NJ Members.

2011 USATF - NJ # (if applicable)	Age on Raceday	Gender	Month - DOB - Year	Shirt Size
			/	S M L XL

First Name | **Last Name**

Address | **City**

Phone Number (- -) | **State** | **Zip Code**

E-mail Address

I hereby release and discharge NORWESCAP, the Transitions Center for Women (TCW), the Borough of Hackettstown, the promoters, the directors and all sponsors and volunteer organizers and their agents or employees and those owning or having an interest in the facilities used while traveling to or participating in the Transitions Autumn Fest 5k Run/Walk for any claim by me or my family, estate, heirs or assigns, for any injury or damage that may be suffered by me. I understand that the TCW, promoters, directors, sponsors and volunteer organizers are under no obligation to provide a physical examination or other evidence of my physical fitness to participate in such an event, the same being my sole responsibility. I have signed this release freely & voluntarily & with a full understanding of its contents, I acknowledge by my signature that I am bound by the provisions herein.

Signature _____ Date _____

(Parent/Guardian signature if entrant is under 18 - This is to certify that my son/daughter has my permission to complete in this event, is in good physical condition, and that race officials have my permission to authorize treatment if necessary.)