



5K Run...Family Mile Walk

**Father's Day**  
**Sunday, June 17, 2012**  
**8:45 am Start**  
**Westvale Park**  
**Westwood, NJ**

**Featuring**  
 Commemorative T-shirt  
 DJ  
 Father's Day Bar-B-Que  
 Sponsor Give-Aways



June 17, 2012

Sgt. Christopher Hrbek Scholarship Fund  
 40 Second Avenue  
 Westwood, NJ 07675

**Date & Location**

Sunday, June 17, 2012  
 Westvale Park (Harrington Ave & Sand Rd)  
 Westwood, NJ

**Schedule**

8:45 am Salute to Armed Forces  
 9:00 am 5K Run  
 10:00 am Family Mile Walk

**Registration**

Online at: Raceforum.com/Westwood by June 13  
 No extra online entry fees!  
 By Mail: Attached entry form postmarked by June 11

**Entry Fees**

5k Online or By Mail \$22  
 On Race Day \$25  
**Family Mile Walk** \$5 per person  
 (Maximum \$25 per family)

**Course**

Mostly flat run through shaded park pathways and residential roads. Water stops and clocks at every mile.

**Awards (Male and Female)**

- Trophies to top three overall finishers
- Awards to top three finishers, in 5-year age groups to 80+
- Special award categories:  
 First Westwood resident, male/female  
 Top three father & son/daughter teams  
 Top three Emergency Services Teams
- Family Mile:  
 Finisher ribbons for all participants

**Amenities**

Commemorative t-shirt, DJ, post-race Father's Day bar-b-que, sponsor give-aways and photography by ErikaDeer.com.

**Scoring**

D-Tag by Compuscore.com

**To Volunteer**

Cheryl Hodges · 201.697.6900  
 cherylh59@yahoo.com



"If I die tomorrow, I will die happy. How many people can say they had the chance to do something they really loved? I just love being a United States Marine."

*Sgt. Christopher R. Hrbek, USMC, KIA January 14, 2010, Purple Heart and Bronze Star Recipient*



**Rain or Shine**

**Who Benefits?**

The Sgt. Christopher Hrbek Memorial Scholarship

On January 14, 2010, our community lost a hero. Christopher Hrbek was a 2002 graduate of Westwood High School who overcame academic challenges. He was giving, kind, motivated, funny, dedicated and patriotic. These qualities, along with his desire to serve his community, helped him to achieve his goal of becoming a United States Marine. The Sgt. Christopher Hrbek Scholarship, in the amount of \$2,500, will be awarded annually to a graduating student at Westwood High School. This student should demonstrate a commitment to pursuing a career involving service to others. For more information visit [www.sgthrbek.com](http://www.sgthrbek.com)

The Fund is a 501c3 non-profit organization, Federal ID# 27-2216738.



Sunday, June 17, 2012  
Westvale Park • Westwood, NJ

**Directions**

**From South:** Garden State Parkway North to Exit 168. Keep right onto Washington Ave. Slight left onto Westwood Ave. Right onto Harrington Ave. Enter Westvale Park on the right.

**From North:** I-87/NY State Thruway to Exit 14A. Garden State Parkway South to Exit 168. Follow directions from South.

**From West:** Route 208 South to Route 4 East to Route 17 North to Garden State Parkway North. Follow directions from South.

**From East:** I-95 South to George Washington Bridge upper level. Stay right over bridge to Route 4 West via Exit 72A. Forest Ave exit, bear right. Forest Ave becomes 4th Ave. Slight right onto 3rd Ave. Right on Washington Ave. Slight left onto Westwood Ave. Right onto Harrington Ave. Enter Westvale Park on the right.

**Information**

Cheryl Moses, Race Director • 551.427.2505  
[moses.racedirector@gmail.com](mailto:moses.racedirector@gmail.com)  
[www.sgthrbek.com](http://www.sgthrbek.com)



Checks payable to:  
Sgt. Christopher Hrbek Scholarship Fund  
Mail to: Moses Productions  
545 Spencer Drive · Wyckoff, NJ 07481

One Entry Per Person

last name \_\_\_\_\_

first name \_\_\_\_\_

street \_\_\_\_\_

city \_\_\_\_\_

state \_\_\_\_\_ zip \_\_\_\_\_

gender (M or F) \_\_\_\_\_ phone \_\_\_\_\_

age on race day \_\_\_\_\_ date of birth \_\_\_\_\_

email \_\_\_\_\_

**Entry Fees** (please check)  
(Postmarked by June 11)

5K  Family Mile Walk

5K

By June 13 \$22  
After June 13 & on race day \$25

**Family Mile Walk**

Number of Walkers \_\_\_\_\_ @ \$5 per person  
(Maximum \$25 per family)

Non-participant Donation: \$ \_\_\_\_\_

Father & Son/Daughter Team

team member's name \_\_\_\_\_

Emergency Service Team

team name \_\_\_\_\_

team captain & contact phone number \_\_\_\_\_

**Adult T-Shirt Size**  S  M  L  XL  
(T-shirts for registered 5K runners only)

**Waiver Release:** In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against the Borough of Westwood, County of Bergen, The Sgt. Christopher Hrbek Scholarship Fund, Moses Productions and any and all parties, groups, organizations, volunteers, sponsors and (or) any representatives involved in the Westwood Dad's Dash for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

participant signature \_\_\_\_\_

date \_\_\_\_\_

signature of parent if participant under 18 \_\_\_\_\_