

## Hot Run in the Summertime Individual Application

\_\_\_\_\_  
Last Name                      First Name                      MI

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City                                      State                                      Zip

\_\_\_\_\_  
Home Phone                      Male/Female                      Age

\_\_\_\_\_  
Email Address

**Choose Your Event:**  5K  2-mile walk  
**Shirt Size (Circle)** S M L XL XXL  
**Waiver and Release, Signature Required.**

In consideration for accepting this entry, and the granting of the right to participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, personal representatives, successors, and assigns, waive and release any and all claims for losses and damages I may have against Road Runners Club of Woodbury, event committee, volunteers, event sponsors, Woodbury Station Café and the City of Woodbury, all their representatives, successors and assigns, and/or other person whomsoever for any and all injuries, illness, including death, that may result from my participation in said event. I represent and affirm that I am in good physical condition to participate in this event, and verified by a licensed physician, and have sufficiently trained for the completion of this event.

\_\_\_\_\_  
Signature (Parent /Guardian Must Sign if Under 18)                      Date

Pre-Registration fee: **\$30-5K, \$20-Walk if received by Aug 1st.**

**On-Site Registration fee: \$35-5K, \$25-Walk**

Make check payable to:

**Road Runners Club of Woodbury**

Registration by Mail:

**2019 Hot Run in the Summertime 5K**

**Attn: Vic Micklasavage**

**320 Beech Ave, Woodbury Heights, NJ 08096**

Online Registration:

**tneventmanagement.com**

## 8<sup>th</sup> Annual Hot Run in the Summertime 5K & 2-mile walk

**Saturday, Aug 3, 2019, 9:30 am**

### Race Information:

- 8:00 am. Registration opens, pick up race packets.
- 9:30 am. Race begins.
- Free parking on Railroad Ave. Additional parking on Green Ave. Course Map on back of this brochure.
- Inquiries: [rwoodbury@gmail.com](mailto:rwoodbury@gmail.com)
- No strollers or pets allowed

### Prizes and Awards:

- Race shirt to first 200 registrants.
- Trophies will be awarded to the top Male and Female overall 5K finishers.
- Medals are awarded to the top three male and female 5K finishers in each 5 year age bracket, beginning with age 8 and under bracket.
- Fun prizes for top 3 age-adjusted 5K teams.
- Post-race breakfast at the Station Café.



This year's Hot Run will also benefit children in our area. We've teamed up with "Operation Warm" and a portion of your race entry fee will go to providing brand new coats to local kids! It's a great cause and we're glad to help out!

### RRCW

The race is organized by the **Road Runners Club of Woodbury**, a chapter of the **Road Runners Club of America**, the nation's largest running organization. RRCW seeks to make Woodbury a better place to run and to use running to make Woodbury a better place.

- Visit our website at **WWW.RRCW.RUN**
- Like at Facebook.com/RRCWoodbury
- Follow us on Twitter @RRCWoodbury
- Subscribe on YouTube:
- Youtube.com/rrcwoodbury

## Hot Run Team Application

**Optional:** Age-adjusted team competition.

1) Organize your team. Need a minimum of 5 people to score.

2) Select a captain.

3) Captain completes Team Application below.

*\*TNT Event Management will apply age-weighted handicaps.*

### Captain ONLY submit team info:

Team Name \_\_\_\_\_

1. \_\_\_\_\_

**Team Captain**

2. \_\_\_\_\_

Teammate

3. \_\_\_\_\_

Teammate

4. \_\_\_\_\_

Teammate

5. \_\_\_\_\_

Teammate

## RRCW Event Calendar

*Come on out and bring a friend!*

### RRCW Weekly Fun Run

Each Thursday, 6:30 pm – Woodbury Creek Park

### RRCW Breakfast Run

3rd Saturday of every month - Riverwinds

### Benjamin Ross Memorial 5K

1<sup>st</sup> Sunday in June

### RRCW Race Down Broad Street 5K

1<sup>st</sup> Saturday in October, prior to Fall Festival Parade

## Giving New Winter Coats to Our Neighborhood Kids

Get ready for some hot fun at the hottest race of the summer!

The 7th Annual Hot Run in the Summertime is Saturday, August 4<sup>th</sup>! This year we're going to have a breakfast after party at the **Woodbury Station Café!** The course starts and finishes on Railroad Avenue near the cafe where there is plenty of **Free Parking!**

We have an awesome 5K course lined up which will take you on a tour of **Woodbury's scenic east end.** It's going to be a fast and fun course with plenty of **water** along the way! Walkers are welcome too! We'll have a 2-mile walk course available.

The race will finish directly at the Station Café and a **delicious breakfast** will be served.

This year's Hot Run will also benefit children in our area. Once again, we've teamed up with "Operation Warm" and a portion of your race entry fee will go to providing brand new coats to local kids! Over the years, we have provided hundreds of brand new winter coats to Woodbury's students! It's a great cause and we're glad to help out!

[www.operationwarm.org](http://www.operationwarm.org)

### Course Map



**OPERATION** | more  
**warm** | than  
| a coat

Giving New Winter Coats to Our Neighborhood Kids

5K  
race

7th Annual



2-mile  
walk



Breakfast after party at



Saturday, August 3, 2019

Starts and Finishes at:

**Woodbury Station Café**  
101 Cooper Street  
Woodbury NJ, 08096

Race time: 9:30 AM



A charitable donation will be made to:

**OPERATION** | more  
**warm** | than  
| a coat

Providing new winter coats to Woodbury's Youth