**Event Name:** Elmwood Park 5K & 1Mile Stride for Charity  
**Date:** Sunday May 18, 2025  
**Time:** High Noon, 12pm (Rain or Shine, no alternate)  
**Location:** Elmwood Park, NJ (Pre-determined route). Beginning and Ending behind St. Leo’s  
**Keystone Sponsor:** TBD  
**Tertiary Sponsor:** A.P. Interactive – Providing Shirts & Marketing  
**Proceeds Benefiting:** NEPCC, and

**EVENT RULES & GUIDELINES**

**5K Race Guidelines:**

1. **Eligibility:** Open to all participants aged 10 and above. Minors require parental/guardian consent.
2. **Registration:** Participants must pre-register online or on-site before the race. Limited on-site registration may be available. Those running as a team or group must still provide registration forms for each individual participant
3. **Race Timing:** This is not a Sport sanctioned, or official race affiliated with any other organization. Timing provided by volunteers.
4. **Course Rules:**
   * Runners must stay on the designated route.
   * Headphones are permitted but must not interfere with awareness.
   * No bicycles, rollerblades, or motorized vehicles allowed.
5. **Awards:** Top finishers in multiple age brackets and overall winners will be awarded.

**1-Mile Walk/Strut Guidelines:**

1. **Eligibility:** Open to all ages and fitness levels, including families and pets.
2. **Pet Policy:**
   * Dogs must be leashed at all times.
   * Owners are responsible for cleaning up after their pets.
3. **Course Rules:** Walkers must stay on the designated route and be mindful of runners.
4. **Theme Encouraged:** Participants are welcome to dress up or strut in a fun, festive manner.

**SPONSORSHIP & FUNDRAISING OPPORTUNITIES**

**Confirmed Sponsors:**

* **A.P. Interactive:** Providing event shirts and marketing.

**Seeking Additional Sponsors For:**

* **Finish Line & Awards Ceremony**
* **Refreshments & Water Stations**
* **Walk/Strut Route Sponsorship**
* **Volunteer Coordination & Support**

**Fundraising:**

* Corporate & local business sponsorships available.
* Personal fundraising encouraged via pledges & donation pages.
* A portion of proceeds to benefit NEPCC, TBD cancer research charity.

**REGISTRATION FORM**

**Participant Information:**

* Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team(If applicable):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Age (if under 18, parental signature required): \_\_\_\_\_\_\_
* Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Emergency Contact Name & Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Event Type: (Check one)
  + 5K Run
  + 1-Mile Walk/Strut
* T-Shirt Size (included with registration, unisex): S / M / L / XL / XXL
* Registration Fee: ☐ Single\_ $20 ☐ Team,2-4 people\_ $65(Must reg. Individually)

☐ Additional Donation\_$\_\_\_\_\_

☐ I prefer to donate the total of my registration fee, I understand I will not receive a Shirt but will still receive an identifier and certificate of support.

* Please make all checks payable to the NEPCC

**Waiver & Release:** By signing below, I acknowledge that I am voluntarily participating in the Elmwood Park 5K & Walk/Strut. I assume all risks associated with the event and waive any claims against the event organizers, sponsors, and volunteers. I agree to follow all event rules and safety protocols.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
(Parent/Guardian Signature if under 18)

NEPCC Use only:

|  |  |  |  |
| --- | --- | --- | --- |
| Rec’d By: | Date: | 5k **or** 1 Mile | Confirm **Single** or **Team** |

Additional Information:

Each ticket includes: T-shirt, unique identifier badge and a portion of all proceeds will go to our charity partner.

TEAMS: Enter/Donate $65 per team of up to 4 people. Additional participants are $20 per person per team.

\*\*NOTE: If you wish the entirety of your ticket price, be donated to the host sponsors, please email or mark on your registration form and you will NOT receive a T-shirt but will receive an identifier and certificate.

Please contact the Chamber President, Joseph Oswald, for more information. All participants must complete a registration form and email it to the NEPCC in order to run or walk in the event. Rain or Shine. No refunds except were required by law.