

Harrison Twp Recreation Commission & **VICTORY**  
PHYSICAL THERAPY  
Present...



Saturday, October 26<sup>TH</sup>, 2019

13<sup>th</sup> Annual

Ella Harris Park

155 Commissioners Road  
Mullica Hill, NJ 08062

\$15 per participant  
\$20 day of race

Registration: 7:45-8:30am

Start Time: 8:30am  
(rain or shine)

**TRICK OR TROT**

## 5K Costume Fun Run / 1 Mile Walk

Proceeds go toward making our parks and programs in Harrison Township accessible to all!

Awards: Overall male / top female award  
Top three finishers (male/female) in the following categories:  
14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Awards: Best Costume - Child (14 & under) and Adult  
Best Group Costume

Questions or want to volunteer?  
Contact Harrison Twp. Recreation  
Commission @ 856-223-8777

Online Registration links below.....

[www.runsignup.com/trickortrot](http://www.runsignup.com/trickortrot) & [www.tnteventmanagement.com](http://www.tnteventmanagement.com)

Costumes Encouraged ... You'll Run Faster!!!

Please detach and mail registration to:

5K Trick or Trot Run / 1 Mile Walk  
c/o Harrison Twp. Recreation Commission  
114 Bridgeton Pike  
Mullica Hill, NJ 08062

Checks payable to: Harrison Twp. Recreation  
\$15 per participant prior to day of race; \$20 day of race.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

PHONE: \_\_\_\_\_ Shirt size: \_\_\_\_\_

EMAIL: \_\_\_\_\_

CATEGORY: (CIRCLE ONE) 14 & UNDER 15-18 YEARS ADULT

### WAIVER and RELEASE

I understand and agree that I am voluntarily participating in the "5K Trick or Trot Run / 1 Mile Walk" at my own risk and my own request. I understand that neither Harrison Twp. Recreation Commission nor any other sponsors are responsible for any injuries that may occur during, at, or in transportation to the event. I also give permission for the free use of my name and picture to be used in any broadcast, print, or any other account medium of this event. Participants under the age of 18 must have form signed by parent or guardian.

Signature \_\_\_\_\_  
One participant per form