



# OLD TAPPAN

## *Emergency Services*



# SUPERHERO 5K

October 19<sup>th</sup> at 9:00 am

Stone Point Park  
Westwood Avenue, Old Tappan  
(8:00 am Sign-In)

- Great fun for runners, walkers, and kids!
- FREE Kid's Dash (first 100 kids to register get a FREE Superhero cape!)
- \$30 for runners (USATF Qualifying Race), \$25 for walkers
- Event T-Shirt to all paid runners and walkers registered by September 30th
- Want to be an event sponsor? Contact [superhero5k@oldtappanems.org](mailto:superhero5k@oldtappanems.org) for more information

Register or Donate at <https://runsignup.com/ot5k>

HOSTED BY OLD TAPPAN EMERGENCY SERVICES  
FIRE COMPANY, FIRST AID CORPS, POLICE OFFICERS ASSOCIATION

