

Benefiting the
Leukemia &
Lymphoma
Society

Run 5K for the Holiday

Saturday,
December 4

Location:

Green Acres Recreation Park,
Old York Road, Burlington Township

Schedule of Events – Rain or Shine:

7:30am – 8:45 am: Registration/Package Pick-up
9:00am: 5K Run
9:00am: 1.5 Mile Fitness Walk
10:00am: Awards Ceremony

Entry Fees:

Pre-Registration: \$20 (\$15 for Team in Training members)
Post-Registration: \$25 (after November 30)

5K Run Course:

USATF certified. 2 Water Stops
Primarily flat with a few gradual hills; evenly paved roads.

1.5 Mile Fitness Course:

Mainly flat, evenly paved road. Group rates available, call 609.354.2963 for more information.

Awards: 5K Run

- 1st, 2nd, 3rd Overall, Male & Female
- 1st, 2nd, 3rd Each Age Group, Male & Female (Age groups: 10 & under, 5 year age increments, 75+)



Honored Hero:

Josh Shafer, who lives in Florence Twp., was diagnosed with Acute Lymphocytic Leukemia on June 9, 2004. He is a brave little boy with such a bright personality. We will be honoring him during this event so please come out and *Run 5K for the Holiday!*

Registration & Information:

- By Mail: 31Equestrian Dr., Burlington, NJ 08016
- Questions? 609.354.2963

Amenities Include:

T-Shirt to all pre-registrants and post-registrants while supplies last; Goodie Bags to all pre-registrants and post-registrants while supplies last; Fruit, Snacks, Drinks; Music; race results at www.compuscore.com

Parking:

Green Acres Park has a one-way drive around the field with limited parking. Additional parking can be found in the neighborhood across the street.

Directions:

From 295: exit 47B, 541N. Bear to your right for the Burlington Bypass. Turn right on Fountain Ave. Go through one light; road becomes Old York Rd. Green Acres in on your left past the municipal complex.

Make checks payable to Run 5K. Team Name (if applicable) _____

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____

Phone _____ DOB _____ Age (on race day) _____

T-Shirt M L XL

5K Run
1.5 Mile Fitness Walk

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event, including but not limited to falls, contact with other runners, the effects of the weather, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release the race organizers, all organizing committees, the Township of Burlington, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons name in this waiver.

Signature

Date