In partnership with

PRESENTS ITS 21st ANNUAL
"NO FRILLS, JUST THRILLS" SUMMER SERIES
COOPER RIVER PARK - PENNSAUKEN, N.J.

***TUESDAY, JUNE 11, 2013, 7 P.M. 1 LOOP, (3.65 MILES)**

***TUESDAY, JUNE 25, 2013, 7 P.M. 10K (6.2 MILES)**

***TUESDAY, JULY 9, 2013 6:40 P.M. *Harry W. Berkowitz* 1 MILE RUN**
(Awards same as all races.)
ALSO AT 7:00 P.M. 1 or 2 LOOPS (3.65 OR 7.3 MILES)

***TUESDAY, JULY 23, 2013, 7 P.M. 1 LOOP PREDICTION RACE (3.65 MILES)**
Predict your time for the 1 Loop Race.
Winners determined by how close you come to your predicted finishing time. No watches, other timing devices or timing "assistance" allowed!!

***TUESDAY, AUGUST 6, 2013, 7 P.M. 1 LOOP, STAGGERED START RACE (3.65 MILES)**
If you haven't done a staggered start run before, the slower runners get a head start.
The faster you are, the later you start.

***TUESDAY AUGUST 20, 2013, *6:30 P.M.* 1, 2 or 3 LOOPS (3.65, 7.3, OR 10.95 MILES)**
************PLEASE NOTE THE 6:30 START TIME OF THE AUGUST 20th RACE************

ENTRY FEE: $5 --- $3 FOR SJAC MEMBERS
FULL TIME STUDENTS RUN FREE!!! (Bring school I.D. if over 18)
Results will be posted on: www.southjerseyac.org

AWARDS AS FOLLOWS:

15 AND UNDER (TOP 3)	20 TO 29 (TOP 3)	40 TO 49 (TOP 3)	60 TO 69 (TOP 3)
16 TO 19 (TOP 5)	30 TO 39 (TOP 3)	50 TO 59 (TOP 3)	70 AND OVER (TOP 3)

Further questions call Ed Maher at (856) 667-2587 or E-Mail: maher@comcast.net
PRIOR TO DAY OF RACE!!!
Race day registration only – no preregistration!

NAME_____

ADDRESS _____ - _____

AGE_____ **SEX: MALE** _____ **FEMALE** _____

E Mail (for info on SJAC races & events): _____

In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Camden County Parks, SJAC, and other sponsors, their representatives and successor, volunteers, organizations and any other individuals supporting these events from all claims or liabilities of any kind arising out of my participation in these events. I verify that I am physically fit and have sufficiently trained for the completion of the event entered.

SIGNATURE_____ **DATE** _____

PARENT/GUARDIAN IF RUNNER IS UNDER 18 _____