

## No Frills, Just Thrills

### Summer Series 2013 Schedule

Six dates, 10 races on Tuesday nights this summer.

#### Cooper River Park, Pennsauken, NJ

June 11, 2013 7:00pm - 1 Loop

June 25, 2013 7:00pm – 10K

July 9, 2013 6:40pm for 1 Mile and 7:00pm for 1 or 2 Loop races

July 23, 2013 7:00pm – 1 Loop Prediction Race

Aug 6, 2013 7:00pm – 1 Loop Staggered Start

Aug 20, 2013 6:30pm – 1, 2 or 3 Loops

- ◇ 1 Loop = 3.65 miles
- ◇ 2 Loops = 7.3 miles
- ◇ 3 Loops = 10.95 miles

All races start & finish at the Cooper River Park "Stadium" on North Park Drive in Pennsauken, approximately halfway between Cuthbert Blvd. and Rt. 130.

Entry fees:

\$5

\$3 for SJAC members

Free for full-time students

Race day registration only – no pre-registration!

**South Jersey Athletic Club**  
**PO Box 563**  
**Haddonfield, NJ 08033**



SJAC "Now"...group run 12/24/11

*A club for runners and others interested in the pursuit of healthy fun.*

- ❖ *Over 180 members*
- ❖ *Weekly group runs*
- ❖ *Monthly meetings*



SJAC "Then"...at a club meeting - early 1980's

**South Jersey Athletic Club**  
**PO Box 563, Haddonfield, NJ 08033**

[www.southjerseyac.org](http://www.southjerseyac.org)

## Membership Application

New Member     Renewal     Change

Membership Type:

Individual (\$20)     Family (\$25)

Optional – SJAC unisex cotton T \$10:

S  M  L  XL  Total Paid: \_\_\_\_\_

\_\_\_\_\_  
Last Name                      First Name                      MI

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City                                      State      Zip

Gender:     Male                       Female

Birth Date:    \_\_\_\_ / \_\_\_\_ / \_\_\_\_

                    Month                      Day                      Year

E-mail Address (most club info is distributed by E-mail)

\_\_\_\_\_  
Phone No(s) you want us to use:

Home: \_\_\_\_\_

Work: \_\_\_\_\_

Cell: \_\_\_\_\_

*Any areas of the club in which you are interested in getting more involved?*

Competition                       Social Activities

Publicity/Community Outreach     Other

Mail to:

**South Jersey Athletic Club**  
**PO Box 563**  
**Haddonfield, NJ 08033**

**www.southjerseyac.org**

## South Jersey Athletic Club

www.southjerseyac.org

Welcome!

Thank you for your interest in the South Jersey Athletic Club. For over thirty years the SJAC has served women and men throughout the area as one of the premier places for runners to socialize, share expertise, compete together and provide help and support in meeting athletic and other challenges. I look forward to another year of growth and good times with friends both old and new.

Elsewhere in this brochure you'll get a taste of some of our activities, including group runs, regular meetings with guest speakers, the popular No Frills, Just Thrills summer race series, and many more (with and without adult beverages) We're also proud to be members of the RRCA and USATF Mid-Atlantic. Through USATF we have long and successfully competed in the Grand Prix series, where anyone with a taste for competition can race and receive a score based on results relative to others of her or his own age. We encourage (but don't require) all members to also join the USATF, an organization that supports our sport from the grassroots to the Olympic level.

Whether you are a racer, a new runner, an old pro looking to stay connected to the sport, or at any other stage in your running life, there is a place for you in the SJAC and a way to contribute to keeping the running community vibrant and growing. Each new year, and each new member, provides us with new ways to come together and enrich each other with the companionship, encouragement and support only a club can provide. We hope you'll join us in the fun.

Dave Stewart, SJAC President

### Here's a list of some of our activities:

- ❖ **Monthly club meetings:** 2<sup>nd</sup> Wednesday of the month (Sept. through May) at 8:00 p.m. at Grace Church parish hall in Haddonfield (19 Kings Highway East). Join us for socializing, food, drink and a little club business!

### Training runs – All paces are welcome!

- ❖ 7:30 a.m. Sunday - meets at the Haddonfield Running Co. store (121 Kings Hwy. East, Haddonfield, NJ 08033). The loop is 12.5 miles but some run shorter or longer. *There is also post-run socializing at Starbucks!*
- ❖ Haddonfield Running Co. - Wednesdays 6:30pm — for a 6.6 mile course
- ❖ Moorestown Running Co. (115 W. Main Street, Moorestown, NJ 08057) - Saturdays 8:30am distances vary.
- ❖ 5:30 a.m. Tuesday track workouts for you early risers at Haddonfield Memorial High School (401 Kings Hwy. East, Haddonfield, NJ 08033).

### Races and other events

- ❖ **No Frills, Just Thrills** race series at Cooper River. A 6 - event series on Tuesday nights in June, July & August, featuring 10 different races. The full schedule is included on the back panel and on the SJAC web-site.
- ❖ **Mid-Atlantic Grand Prix Series** - Along with the club's membership in USATF Mid-Atlantic, many of our members participate in this series of races. First is the Haddonfield Adrenaline Run 5K on March 16. The full schedule is posted on the SJAC website. Among other benefits, we compete as a club in the Club Challenge as part of the Grand Prix Series and won this competition from 2002 through 2011! If interested, please use the USATF Mid-Atlantic web-site to join: <http://www.mausatf.org/join-membership.htm>
- ❖ **Reach the Beach 200+-mile relay** - a 24-hour relay race in New Hampshire on September 13<sup>th</sup> - 14<sup>th</sup>, 2013: <http://nh.rtbrelay.com/> Watch your e-mail for details on this or possibly other relays.
- ❖ **SJAC enters teams in other races.** We have made it a practice to enter club teams in the Broad Street Run and have subsidized a portion of the team entry fee for members on teams in this race. Watch your e-mail for details.
- ❖ **SJAC is a club member of the Road Runners Club of America (RRCA).** In addition to RRCA support, this provides the club with Liability and Directors and Officers insurance. We also have 501(C)3 tax exempt status for the club under the RRCA blanket waiver.