

## No Frills, Just Thrills

### Summer Series 2016 Schedule

Six dates, 10 races on Tuesday nights this summer.

#### Cooper River Park, Pennsauken, NJ

June 14, 2016 7:00pm - 10K

June 28, 2016 6:30pm – 1, 2 or 3 Loops

July 12, 2016 7:00pm – 1 Loop

July 26, 2016 6:40pm 1 Mile and at 7:00pm – 1 and 2 Loop races

Aug 9, 2016 7:00pm – 1 Loop Prediction Race

Aug 23, 2016 6:30pm – 1 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**



At an SJAC "No Frills" race - summer 2015

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

- ❖ *Over 200 members*
- ❖ *Weekly group runs*
- ❖ *Monthly meetings*
- ❖ *10% discount for members at Running Co. stores*



New Year's Day run – January 1, 2016

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

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

Join online from our web site or  
complete the below  
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:

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Thank you for your interest in the South Jersey Athletic Club (SJAC), a running club for women and men of all ages, abilities, and levels of experience.

As proud members of the Road Runners Club of America and USA Track & Field Mid-Atlantic (USATF), the SJAC has a long history of being highly competitive in the USATF Mid-Atlantic Grand Prix race series (we placed 3rd in 2015), but also provides a welcoming atmosphere for new and non-competitive runners. Area runners enjoy the companionship and camaraderie of three organized runs per week, participating as desired or as individual schedules permit. The Club also organizes the popular No Frills, Just Thrills summer race series at Cooper River Park. In 2015, the race series attracted 750 men, women, and children to various No Frills races, ranging from the one-mile fun run to the three-loop 10.95 mile challenge, with distances of 3.65 miles and 7.3 miles also available.

Along with monthly meetings, in which we bring in speakers relevant to the running community -- such as trainers, yoga instructors, and chiropractors, etc. -- the SJAC also hosts a number of social events throughout the year, including the popular Boston Marathon Spinning class, movie nights, and the legendary Holiday Pirate Pollyanna.

Whether you are looking for training partners or friendship on a run, membership in SJAC can meet your needs, and your membership will help to keep the SJAC an important and vibrant community that supports local athletes.

Maria Gandolfo, 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 (7am in the summer) - meets at the Haddonfield Running Co. store (121 Kings Hwy. East, Haddonfield, NJ 08033). 12.5 mile loop 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 19. The full schedule is posted on the Mid-Atlantic website - [www.mausatf.com](http://www.mausatf.com). Among other benefits, we compete as a club in the Club Challenge as part of the Grand Prix Series and have always finished among the top 5 clubs since the inception of the series in 2002. If interested, please use the USATF Mid-Atlantic web-site to join: [mausatf.com/membership](http://mausatf.com/membership)
- ❖ **Reach the Beach 200+-mile relay** - a 24-hour relay race in New Hampshire in September: <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.