



SJAC No Frills, Just Thrills, 2018

OVER 200 MEMBERS

WEEKLY GROUP RUNS

MONTHLY MEETINGS

**10% DISCOUNT AT
Running Co. STORES**

www.southjerseyac.org



[South Jersey Athletic Club](https://www.facebook.com/southjerseyathleticclub)



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Track workouts, 2018

Ed Espenshade
SJAC No Frills, Just Thrills
27th Annual Race Series

Cooper River Park, Pennsauken, NJ

June 11, 2019	7:00pm	5K
June 25, 2019	6:30pm	1 or 2 Loops
July 9, 2019	7:00pm	1 Loop
July 23, 2019	6:40pm	1 Mile
	7:00pm	1 or 2 Loops
Aug 6, 2019	7:00pm	1 Loop <i>Prediction Race</i>
Aug 20, 2019	6:30pm	1 Loop

1 Loop = 3.65 miles

2 Loops = 7.3 miles

All races start & finish at the Cooper River Park "Stadium" on North Park Drive in Pennsauken, approximately half-way between Cuthbert Blvd. and Rt. 130. All races are on Tuesday nights.

\$5 for general public

\$3 for SJAC members

Free for full-time students

Race day registration only—no pre-registration!



MONTHLY MEETINGS

2nd WEDNESDAYS OF THE MONTH 8:00pm

September - May

Join us for pizza, beer, and speakers like Runner's World ambassador, Bart Yasso, and local author, Alisa DeFabio.



WEEKLY GROUP RUNS

SUNDAYS 7:30am (7am in the summer)

12.5 mile loop, but some run shorter or longer. Hang out after the run at Starbucks!

WEDNESDAYS 6:30pm

6.6 mile loop

Both of the above begin from: Running Co. of Haddonfield
121 Kings Hwy. East, Haddonfield, NJ 08033

SUNDAYS 7:30am (7am in the summer)

8+ mile run

Check [SJAC Facebook](#) page for details for each run.

Pitman Library Parking Lot
15 Pitman Ave. Pitman, NJ 08071

TUESDAYS ~6:30pm (time subject to season)

Track workouts

Check [SJAC Facebook](#) page for details for each run.

Williamstown or Pitman HS Track



RACES

SJAC No Frills, Just Thrills

Our very own annual race series is coming up! This summer we'll have ten different races on selected Tuesdays. It's affordable and we welcome all paces! See back panel for dates and more details.

USATF Mid-Atlantic Grand Prix Series

Join us in the USA Track & Field's annual race series, notable for its system of age-grading. We compete as a club and many members win individual and age-group awards! We have always finished among the top five clubs. Sign up here: mausatf.com/membership

Broad Street Run

Run the largest 10 mile road race in the country! Skip the lottery and guarantee your entry by joining an SJAC club team.

Team Competitions at local and Regional Races

Run as a member of an SJAC team in races such as the Frostbite 5 Miler, Adrenaline 5K, Valley Forge Revolutionary Run, Love Run, Scott Coffee Run, Cooper Norcross Run the Bridge, Delaware Distance Classic, Philadelphia 8K, Half and Full Marathon and USATF National Club Cross Country Championships



MEMBERSHIP APPLICATION

☐ New Member ☐ Renewal ☐ Change

Membership Type:

☐ Individual (\$20) ☐ Family (\$25)

Optional SJAC unisex cotton T shirt (\$10)

S ☐ M ☐ L ☐ XL ☐ Total Paid: _____

Last Name First Name MI

Street Address

City State Zip

Gender: ☐ Male ☐ Female ☐ Other

Birth Date: ____ / ____ / ____

Month Day Year

E-mail Address

Phone Number

Check the areas in which you are interested in getting involved:

Competition ☐ Social Activities ☐

Publicity/Community Outreach ☐ Other ☐

MAIL TO

South Jersey Athletic Club
PO Box 563
Haddonfield, NJ 08033

- or -

SIGN UP ONLINE

www.southjerseyac.org