

SJAC in partnership with Camden County PRESENT
THE 28th ANNUAL ED ESPENSHADE



NO FRILLS, JUST THRILLS

SUMMER SERIES 2023

COOPER RIVER PARK PENNSAUKEN, NJ

JUNE 13	7:00 PM	<i>John McMenamin 5K</i>	3.1 mi
JUNE 27	6:40 PM	<i>Harry W. Berkowitz Race</i>	1 mi
	7:00 PM	1 or 2 loop race	3.65 or 7.3 mi
JULY 11	7:00 PM	Prediction race*	3.65 mi
AUGUST 8	7:00 PM	<i>Jerry Nolan 1 Loop</i>	3.65 mi

**Results posted on
www.southjerseyac.org**

*Prediction race awards are given based on how close your time is to your predicted time – no timing devices!

\$5 entry fee

\$3 for SJAC members

Free for full-time students
(bring school ID if over 18)

AWARDS GIVEN TO TOP 3 IN AGE GROUP

15 & under	40 to 49
16 to 19 (TOP 5!)	50 to 59
20 to 29	60 to 69
30 to 39	70 & over

RACE DAY REGISTRATION ONLY!

REGISTRATION FORM

NAME _____

ADDRESS _____

AGE _____ SEX: MALE / FEMALE

EMAIL (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 SIGNATURE _____
(RUNNERS UNDER 18)