



# MONSTER DASH 5K

& 1 Mile Fun Run/Walk

October 30, 2004

Deerwood Country Club Westampton, NJ

8:00AM Start

**To Benefit**

**The Leukemia and Lymphoma Society**



USAT&F Certified  
Compuscore Timing  
Scenic run through wooded golf course on wide, paved cart paths  
Refreshments and facilities at the start and finish  
After party @ Courthouse Tavern – Mt. Holly  
Free long sleeve T-Shirts for all participants, while supplies last

**Registration:**

Before October 23rd - \$20  
After October 23rd - \$25

**Directions:**

Route 541 to east on Woodlane Road, ¼ mile on Woodlane to left on Deerwood Drive. Turn left on Country Club Drive, follow to pool club parking lot.

First Name: \_\_\_\_\_ Last: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_ Age day of race: \_\_\_\_\_

5K \_\_\_\_\_ Mile Fun Run/Walk \_\_\_\_\_ T-shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Send Payments to: Better Days Foundation. 24 St. Andrews Ct. Westampton, NJ 08060  
For More Info: Call 609-265-2145 or email [betterdaysfoundation@hotmail.com](mailto:betterdaysfoundation@hotmail.com)

I hereby acknowledge that participation in the 5K run or mile fun run is a potentially dangerous activity. I recognize that I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with my participation in this event. I waive and release Better Days Foundation, Deerwood Country Club, Leukemia and Lymphoma Society, USAT&F all sponsors and volunteers from all claims or liabilities of any kind arising from my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record or my likeness for any legitimate purpose.

Participant Signature or Parent/Guardian Signature if entrant is under 18 Years of Age \_\_\_\_\_ Date \_\_\_\_\_