

December 1st **Run 5K** Burlington Twp.

Benefiting Leukemia & Lymphoma Society **for the Holiday** **Benefiting Leukemia & Lymphoma Society**

Location:
Green Acres Recreation Park
Old York Road, Burlington, NJ

Schedule of Events:
7:00 AM-8:45 AM: Registration/Package Pick-up
9:00 AM: 5K Run/Walk
9:00 AM: 1.5 Mile Fitness Walk
10:00 AM: Awards Ceremony
10:15 AM: Kids Fun Run, Ages 4-8
11:00 AM: Post-Party, Bung's Tavern

Entry Fees:
Pre-Registration: \$20 (\$15 TNT Members)
Post-Registration: \$25 (after November 27)

5K Run/Walk Course:
USATF Certified. 2 Water Stops. Primarily flat with a few gradual hills; evenly paved roads.

1.5 Mile Fitness Walk:
Mainly flat, evenly paved sidewalks around park.

Welcome Teams: Register a team of 15+ for a special rate of \$17 per person. NOTE: All forms and money must be mailed in one envelop prior to Nov 26th.

NEW! Kids Fun Run
Welcome kids! A quick trot to the finish for ages 4-8
Registration: \$12
Includes special Kid Short-sleeve T-Shirt, Youth Large

Registration & Information:
By Mail, 18 Berryland Street, Chesterfield, NJ 08515
Register online today! www.holiday5k.org

Awards: 5K Run
1st, 2nd, 3rd Overall Male & Female
1st, 2nd, 3rd Each Age Group, Male & Female
(Age groups: 19 and under, 10-year increments, 75+)

Amenities Include:
Long-sleeve T-Shirt & Goodie Bag to all pre-registrants and post-registrants while supplies last; Fruit, Snacks, Drinks; Music; race results at www.compuscore.com

After-Party! FREE for All Participants & Volunteers!
Bung's Tavern, Rt. 130, Florence, NJ
Enjoy free buffet and drink specials!

Volunteers & Sponsorship!
Email: director@holiday5k.org

Mail to: 18 Berryland Street, Chesterfield, NJ 08515

Make Check payable to Run 5K. Team Name (if applicable) _____

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Gender _____

Phone _____ DOB _____ Age (on race day) _____ Kids Fun Run - Youth Large Only T-Shirt M L XL XXL

I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision or a race official relative to my ability to safely complete the race. I assume all risks associated with running in this event, including but not limited to falls, contact with other runners, the effects of the weather, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release the race organizers, all organizing committees, the Township of Burlington, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persona name in this waiver.

Check One

- 5K Run
- 5K Walk
- 1.5 Mile Fitness Walk
- Kids Fun Run

Signature (parent signature if under age 18)

Date