

# FIRST ANNUAL

## RIVER TOWNS



## VETERANS 5K

### VFW POST 3020

1125 South Fairview Street, Delran, NJ  
USATF-NJ GRAND PRIX EVENT  
November 13, 2010

**Registration:** 8:30am until 9:30am at VFW Post 3020 Hall, Fairview Street

**Course:** Paved roads in Delran and Riverside Townships

**Coordinators:** Baldasari & Leetsma Race Management

**Age Groups Male & Female**

13 & under	40 - 49
14 - 18	50 - 59
19 - 29	60 - 69
30 - 39	70 - 79

80 plus

**Entry Fees**

Postmarked by 11/4/10 -	\$25.00
USATF pre-entry discount -	\$2.00
Day of Race -	\$30.00



Start Time: 10:00am

Traffic controlled, USATF certified course

**Sponsored by:** Pennoni Associates, Inc.

- \* Long sleeved tee-shirt to all pre-entries, post-entries while supplies last.
- \* Refreshments after Race.
- \* Awards for top male and female.
- \* Prizes for top 3 in each age group
- \* Computerized results.
- \* Online Registration powered by:

online registration powered by  
**active.com**  
&

**PracticeHard.com.**

**Checks payable to:** VFW Post 3020 **Mail to:** VFW Post 3020, c/o Ty Vining, 1125 S Fairview Street, Delran, NJ 08075

### All proceeds support VFW3020 Community Service Initiative.

**Directions:** From I-295 take exit 45B (Willingboro) proceed through Willingboro to Route 130 South and turn left. Continue to 2nd light (just past Home Depot) take right jug handle to Fairview St. - Riverside. VFW Post 3020 is 1/2 mile on right.

**From NJ Turnpike north** take exit 7, follow signs to I-295 south and proceed as above. From south take exit 4 to 73 north to I 295 north and proceed as above.

**From Rte 130 north** Take 130 south through Burlington and Willingboro to first light after crossing the Rancocas Creek Bridge and turn right at jughandle for Fairview St. - Riverside..

**From south** Take 130 North through Cinnaminson and Delran (Target Shopping Ctr on right) go through the double lights to 1st street on right (Hartford Road) to first light and turn left and proceed across 130 to VFW3020 on right.

### River Towns Veterans 5K Entry Form - Please read carefully and sign.

In consideration of your acceptance of this entry to the River Towns Veterans 5K race, I waive all claims by myself, my heirs, or assigns against the River Towns Veterans 5K Committee, the Townships of Delran and Riverside, and all sponsors and promoters for injury that may result from my participation., I further state that I am in proper physical condition to compete in this race. I attest that I fully understand the considerable risk in involved in running 5 kilometers in potentially wet or slippery conditions and I will adjust my pace accordingly. In no instance or circumstance will I bring suit upon any persons or any entities or agencies associated with the conduct of the River Towns Veterans 5K run. I fully understand and agree with the content of this waiver that I am signing freely.

**Signature** \_\_\_\_\_ (parent or guardian if under 18) **USATF #** \_\_\_\_\_

**Last name** \_\_\_\_\_ **First name** \_\_\_\_\_

**Address** \_\_\_\_\_ **City, State, Zip** \_\_\_\_\_

**Phone #** \_\_\_\_\_ **Email** \_\_\_\_\_ **Sex (M) (F)** \_\_\_\_\_

**AGE on race day :** \_\_\_\_\_ **Birth Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ **T-Shirt size (circle one)** SM MED LG XL