



PRESENTS ITS 16<sup>TH</sup> ANNUAL  
"NO FRILLS, JUST THRILLS" SUMMER SERIES  
COOPER RIVER PARK - PENNSAUKEN, N.J.

\*TUESDAY, JUNE 10, 2008, 7 P.M. 1 LOOP, (3.65 MILES)

\*TUESDAY, JUNE 24, 2008, 7 P.M. 1 LOOP, STAGGERED START RACE (3.65 MILES)  
If you haven't done a staggered start run before, the slower runners get a head start.  
The faster you are, the farther back you start.

\*TUESDAY, JULY 8, 2008, 6:40 P.M. 1 MILE RUN (Awards same as all races.)  
ALSO AT 7:00 P.M. 1 or 2 LOOPS (3.65 OR 7.3 MILES)

\*TUESDAY, JULY 22, 2008, 7 P.M. 1 LOOP PREDICTION RACE (3.65 MILES)  
Predict your time for the 1 Loop Race.

Winners determined by how close you come to your predicted finishing time. No watches, other timing devices or timing "assistance" allowed!!

\*TUESDAY, AUGUST 5, 2008, 7 P.M. 10K (6.2 MILES)

\*TUESDAY AUGUST 19, 2008, \*6:30 P.M.\* 1, 2 or 3 LOOPS (3.65, 7.3, OR 10.95 MILES)  
\*\*\*\*\*PLEASE NOTE THE 6:30 START TIME OF THE AUGUST 19th RACE\*\*\*\*\*

ENTRY FEE: \$5 --- \$3 FOR SJAC MEMBERS  
FULL TIME STUDENTS RUN FREE!!! (Bring school I.D. if over 18)

Results will be posted on: [www.southjerseyac.org](http://www.southjerseyac.org)

AWARDS AS FOLLOWS:

15 AND UNDER (TOP 3)    20 TO 29 (TOP 3)    40 TO 49 (TOP 3)    60 TO 69 (TOP 3)  
16 TO 19 (TOP 5)        30 TO 39 (TOP 3)    50 TO 59 (TOP 3)    70 AND OVER (TOP 3)

Further questions call Ed Maher at (856) 667-2587 or E-Mail: [maher@comcast.net](mailto:maher@comcast.net)  
PRIOR TO DAY OF RACE!!!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

AGE \_\_\_\_\_ SEX: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

E Mail (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 IF RUNNER IS UNDER 18 \_\_\_\_\_