

1st Annual Deptford Snap Fitness 5k Run

1 Mile Fitness Walk

Saturday April 3rd, 2010

Event Start Times: Walk 8:45am, 5k 9:00am



Registration 8:00 AM

\$15 Pre-Race, Day of race registration \$20

Registration and Packet Pick-up Information:

Packets can be picked up at Snap Fitness Friday April 2nd from 6-9 pm and Race Morning starting at 8 am. Online sign up available at

http://www.runningco.com/new08/races_road-races.php

Course Description: flat and fast course starts and finishes at Deptford Snap Fitness, 1450 Clements Bridge Road Deptford (Pathmark Shopping Center)

Awards: Overall Male/Female, First 3 in 16 age categories. Random prizes awarded. Custom Long Sleeve Shirts guaranteed to the first 150 pre-registrants, others as supplies last.

Additional Information: Race rain or shine. Phone: 856-845-9444 or email Snap Fitness at: <http://www.snapfitness.com/deptfordnj/contact>

Mail Entry Form and Check made payable to: M&S Fitness

1450 Clements Bridge Road

Deptford, NJ 08096

Name: _____ Age on Race Day : ____ Sex: ____

Address: _____ City: _____ State: ____ Zip _____

Email: _____ Phone: _____

Check one 5k Run: ____ Walk: ____ Circle Shirt Size: S M L XL XXL

Waiver: I know that running a road race is a potentially hazardous activity. I certify that I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release all sponsors, volunteers and their representatives and successors, including Snap Fitness, Deptford Township, Gloucester County Parks and Recreation, and AKSTS timing for all claims or liabilities arising out of my participation in this event.

Signed: (Parents signature if under 18:) _____ Date: _____