

Sunday June 9, 2013

Rain or Shine
8am Start

Race Start 1701 Walnut Avenue, Adjacent to the
Devon Avenue Athletic Fields

Sign up by April 1, 2013
to guarantee a Tech
Running Shirt.



Haddon Glen 5K

THIRD ANNUAL

To Benefit the Haddon Glen Swim Club

Register Online
www.LMSPORTS.com

CASH PRIZES

- * USATF Certified Course #NJ12003WB
- * Start and End at Same Location
- * Mostly Flat and Fast
- * One Challenging Hill
- * Two Water Stations
- * Shaded Neighborhood Run
- * Ample Parking

AWARDS

\$ 100 Cash Prize each
1st Overall Male and Female

Top Male and Female in each age
receive medals

14 and under	15-19	20-29
30-34	35-39	40-44
45-49	50-54	55-59
60+		

- Runners finishing under 45 minutes will receive an official time.
- Tech Running Shirts while supplies last.
- Finish Line, Timing and Results by L&M Sports and Event Productions Inc.

START 8AM RAIN OR SHINE

Sponsorship Available
Contact Elizabeth Grove
856-546-4884

PARTICIPANT REGISTRATION / RELEASE

FULL NAME: Please Print Clearly			
Race Day Age:		Phone:	
Sex:	Male Female	Shirt Size:	S M L XL XXL
Address:			
City:		State:	
Zip Code:		Email:	

RACE REGISTRATION \$20.00 Pre-Race \$25.00 Race Day

Mail-in registration deadline: June 1, 2013

On-line registration (LMSPORTS.COM) deadline Midnight June 6, 2013

Check Payable to: **Haddon Glen 5k**

Mail to: **Haddon Glen 5k, 110 7th Avenue Haddon Heights NJ 08035**

WAIVER: IN CONSIDERATION FOR ACCEPTING THIS ENTRY AND GRANTING OF THE RIGHT TO PARTICIPATE IN THIS EVENT, I THE UNDERSIGNED, INTEND TO BE LEGALLY BOUND HEREBY, FOR MYSELF, MY HEIRS, PERSONAL REPRESENTATIVE, SUCCESSORS AND ASSIGNS WAIVE AND RELEASE ANY AND ALL CLAIMS FOR LOSSES AND DAMAGES I MAY HAVE AGAINST EVENT COMMITTEE, VOLUNTEERS EVENT SPONSORS, HADDON GLEN SWIM CLUB, HADDON HEIGHTS BORO, L&M SPORTS, THEIR REPRESENTATIVES SUCCESSORS AND ASSIGN AND/OR ANY OTHER PERSON WHOMSOEVER IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT AND VERIFIED BY A LICENSED PHYSICIAN AND HAVE SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS EVENT.

I UNDERSTAND THAT IF MY TIME EXCEEDS 45 MINUTES I WILL NOT RECEIVE AN OFFICIAL TIME.

SIGNATURE _____ DATE _____