

# RUN 2013 RESOLUTION

Make yourself a New Year's Resolution for 2013.

**Challenge yourself to run 2013 Kilometers** which is 1251 miles (One kilometer is equal to 0.6213712 miles.) **OR 2013 miles for the year** in 2013. This is an average of about 24 miles per week for the 2013 kilometers or 39 miles per week for the 2013 miles for the year. **The choice is yours.**

Included in the program will be your **personal running log** where you will track your progress throughout the year. You will receive a **free one year (2013) introductory membership to the NJRRC** (Current members will receive a free pair of NJRRC socks.) ; you may attend the Sunday runs and you will receive advice from the clubs' running coaches and many other veteran runners from the club. We have runners of all paces from beginners to highly experienced marathon runners to train with and learn from. Track yourself and post your mileage on our exclusive **"Run 2013 Resolution" Facebook group page**. Compete with your friends or show your friends and family how you are progressing. This is your opportunity to become the athlete you have always wanted to be. You will also receive your special **"Run 2013 Resolution" T-shirt**. On the last Sunday of the year December 29; you will be able to join in a 2013K (12.3 miles) celebration run with your fellow R2013R participants and club members.

**All this for only \$20.13**

So what are you waiting for! Let the athlete that is inside of you out!

Make the commitment! **Sign up today!**

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: **Fee: \$20.13 by 3/1/13**  
: **Make check to: NJRRC- Run 2013**  
: **Mail to: NJRRC PO Box 2828 Vineland NJ 08362**  
: **For More Info, Call: 732-471-6108 or logon to: www.njrcc.org**  
: **Register online@ Raceforum.com/Run2013**  
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I know that running is a potentially hazardous activity and that I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effect of the weather, including low or high temperatures, and/or humidity, 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 your accepting my entry, I, myself, and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the New Jersey Road Runners Club, its Officers, Members, and volunteers, and employees of these organizations, and all sponsors their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

**Please Print Neatly!**

Signature \_\_\_\_\_

Parent/Guardian (if under 18) \_\_\_\_\_

Date \_\_\_\_\_ Check here if NJRRC member..

**Last Name** \_\_\_\_\_

**First Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Age** \_\_\_\_\_

**Email:** \_\_\_\_\_ @ \_\_\_\_\_

**Circle:** Male Female **T-shirt size**

**Amount Sent:** \$ \_\_\_\_\_ **S M L XL**