

# 1<sup>st</sup> Annual Deptford Snap Fitness 5k Run

1 Mile Fitness Walk

Saturday April 3<sup>rd</sup>, 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](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: [deptfordnj@snapfitness.com](mailto:deptfordnj@snapfitness.com)

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**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: \_\_\_\_\_