

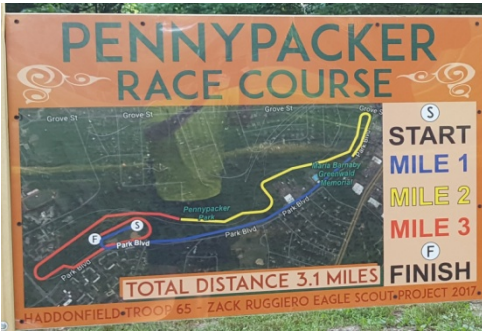


SJAC Presents

Pennypacker Park Cross Country Open Saturday, December 2, 2017 @11:00 am

Race Location: Pennypacker (Maria Barnaby Greenwald) Park, Cherry Hill, NJ. Park Blvd. between Kings Hwy & Grove St., just west of Kings Hwy. Use 785 Park Blvd., Cherry Hill for navigation.

Course Description: Flat, fast, accurately measured 5k course used for many high school championships. 1/3 on asphalt path: spikes are allowed but not recommended. Remainder on dirt trails and grass. Not a rugged trail run, but includes the usual complement of roots, sticks, uneven surfaces, the occasional stray rock and (sometimes) mud. Mileposts every half mile (courtesy of Zack Ruggiero's Eagle Scout project: Thanks, Zack!) Will run in all weather.



Awards: Individual awards to top female and male finishers, age group awards to 14-under, 15-19, and ten year age groups after that. **Team participation is encouraged: no extra charge.** Male and female team awards: Up to four members of a team, top three score, others can displace.

Course Records: Briana Gess 16:57 (2013), Boo Vitez 14:57 (2009). Special award if winner breaks course record.

Entry Info: \$20, payable to SJAC. All entrants receive an embroidered knit cap, while supplies last. **Mail to SJAC PO Box 563 Haddonfield NJ 08033 Online registration available through RunSignUp**

Contact: Dave Stewart:southjerseyathleticclub@gmail.com, 856-979-5875

----- **PLEASE PRINT LEGIBLY AND DETACH HERE** -----

Pennypacker Park Cross Country Open

Name _____ Sex _____ Age _____
Address _____
City, State Zip _____
Phone _____ E-mail _____
Team Name (if applicable) _____

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against Camden County Parks, SJAC, other sponsors and their representatives, successors and assigns for all claims and liabilities of any kind arising out of my participation in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ (Parent or Guardian if under 18) Date _____