



All Abilities 5k Run & 1 Mile Run/Walk/Wheel

Saturday, April 13th

Voorhees Middle School

1000 Holly Oak Drive, Voorhees, NJ

Registration & Packet Pick-Up: 8:00 a.m.

Run Start: 9:00 a.m.

1 Mile Run/Walk/Wheel Start: 9:30 a.m.

Awards will be given to the top finishing male and female in the following age groups:

14 years & under

15 – 19 years

20 – 29 years

30 – 39 years

40 years & over

\$25 registration fee for the 5k run

\$10 registration fee for the 1 mile run/walk/wheel

Free t-shirt for all pre-registered participants

Online registration is available until April 10th at www.lmsports.com

Registration by mail is available until April 2nd

All proceeds benefit Speak. For more information on Speak, please visit

www.southjerseyspeak.org.

If you have any questions, please contact Jaime Golin Friedman by email at

jaime.friedman@icloud.com or by phone at 215-570-5833.

Sponsored By:



The Ewing/Cona Group



All Abilities 5k Run & 1 Mile Run/Walk/Wheel
Saturday, April 13th
Voorhees Middle School
1000 Holly Oak Drive, Voorhees, NJ

Participant's Name: _____

Participant's Home Address: _____

Participant's Phone Number: _____

Participant's Email Address: _____

Participant's Gender (circle one): Male / Female

Participant's Age on April 13, 2013: _____

Registering for (circle one): 5k Run (\$25) 1 Mile Run/Walk/Wheel (\$10)

Shirt Size (circle one): Youth Large Adult Small Adult Medium Adult Large Adult X-Large

Please make checks payable to Speak and mail before April 2nd to:
Speak, 329 Route 73, Voorhees, NJ 08043.

Entry fee is non-refundable and non-transferrable.

Waiver:

I, hereby, acknowledge that running and walking are physically demanding endeavors. In consideration for acceptance of this application and/or participation in this event, I hereby release, indemnify, and hold harmless SPEAK, its members, the Voorhees Board of Education, as well as all event organizers, sponsors, and benefactors, from any liability in connection with any injuries that I may sustain in connection with this event. This waiver shall bind myself, as well as my heirs, executors, personal representatives, successors, and assigns.

Signature of Participant (or Parent/Guardian of Participant if Participant is under 18 years of age): _____

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