

Delanco Women's Civic Club 9th Annual 5K Run/Walk



**Saturday
October 17, 2009
Rain or Shine
Registration 8:00 a.m.
Race begins at 9:00 a.m.**

Location & Registration

- U.S.A. Certified Course!
- Gateway Park, Entrance of Delanco next to Rancocas Creek Bridge on Burlington Avenue
- Benefit Delanco's 'Community Projects'
- Fast, flat accurate course along the scenic and beautiful Delaware River
- Award Ceremony
- Door Prizes
- Post race food & beverages will be served
- Run with your dog (must be on leash)
- Race begins at 9:00 a.m.

Friends and family who wish to

VOLUNTEER

day of race

and for more information please email

delanco5k@yahoo.com

or call 609-636-6618

Registration Entry Form

Mail to: 211 Union Avenue, Delanco, NJ 08075

First Name: _____ Last: _____

Female

Address: _____ Male

City: _____ State: _____ Zip: _____

Email: _____

Emergency Contact Name & Number: _____

Age Group: 12 & Younger 13-18 19-29

30-39 40-49 50-59 60+

SPORT TOWEL TO FIRST 70 ENTRANTS

Event Fees Pre-Registration \$15

(must be received by October 9TH)

Day of Event \$20

18 and Under \$12

Method of Payment:

Cash

Check (made payable to the

Delanco Women's Civic Club)

WAIVER: In consideration of your accepting this entry, the undersigned, individual, and as the Parent and/or Guardian of _____ (name of minor child), and for or the said minor, may have against the Township of Delanco, its employees, and any and all sponsors, and their representatives, successors and assigns, the race committee and director, volunteers, Delanco Women's Civic Club, all other organizations directly or indirectly associate with this race, or anyone else associated any way with the race, for any and all injuries suffered by the minor in said event. I verify that the minor is physically fit and has sufficiently trained for completion of this event and the minor's physical condition has been verified by a licensed medical doctor.

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages that I, may have against the Township of Delanco, its employees, and any and all sponsors, and any and all sponsors, and their representatives, successors and assigns, the race committee and director, volunteers, Delanco Women's Civic Club, all other organizations directly or indirectly associated with this race, or anyone else associated any way with the race, for any and all injuries suffered by me in said event. I verify that I am physically fit and have sufficiently trained for completion of this event and my physical condition has been verified by a licensed medical doctor.

By signing I attest that I have read and understand this waiver:

Signature (Parent/Guardian if Participant is under 18 years old)

Date

Directions from Philadelphia...WE ARE APPROX ½ HOUR FROM CENTER CITY!

Take I-95 NORTH towards TRENTON

Take the ARAMINGO/BETSY ROSS BRIDGE (RT-90) exit, Exit 26

Continue on BETSY ROSS BRIDGE EAST

BETSY ROSS BRIDGE EAST becomes RT-90 EAST – go 1.8 mi

Take the US-130 NORTH exit towards CAMDEN/TRENTON – go 1.8 mi

Continue on NORTH US 130 – go 4.0 mi

Turn at jughandle S. CHESTER AVENUE

S. CHESTER AVENUE becomes N. CHESTER AVENUE

CROSS OVER railroad tracks and at traffic light

TURN RIGHT – ST. MIHIEL (aka Lafayette & Burlington Ave) – go 0.4 mi

Drive to end, you'll see clock tower in front of you, at traffic light

Turn LEFT at N. PAVILION AVE – go 0.5 mi

N. PAVILION AVE becomes BURLINGTON AVE – go 0.1 mi

And go over little Bridge over the RANCOCAS CREEK

THE PARK WILL BE ON YOUR IMMEDIATE

RIGHT – 215 BURLINGTON AVE, DELANCO