



Be A Champion for All Babies

When you walk, you give hope to the families of babies born too soon or sick. The money you raise supports programs in your community that help moms have healthy, full-term pregnancies. And it funds research to find answers to the serious problems that threaten our babies. Since 1970 The March of Dimes has raised an incredible \$1.8 billion to benefit all babies.



Directions

From I-295 South: Take Exit 25 A, go 5 lights, and make a left onto Sycamore Lane

From The Walt Whitman Bridge: Take Rt. 42 South to I-295 South to Exit 25A, go 5 lights, and make a left onto Sycamore Lane

From the New Jersey Turnpike: Take Exit 3, proceed on Clements Bridge Road, (CR 573), turn right onto Cooper Street (CR 534), turn left onto Delsea Drive (Rt. 47), turn left onto Sycamore Lane

From 42 South: Merge onto Rt. 55 South, take the Rt. 47 exit (exit 56B), turn slight right onto Delsea Drive (Rt. 47), turn right onto Sycamore Lane

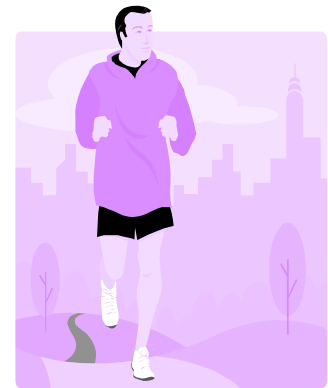


USA Track & Field Certified Course



Mayor's Wellness 3rd Annual 5K Run/Walk

All proceeds benefit the March of Dimes



Saturday, April 30, 2011

Race Time 8:00 AM

Rain or Shine





Location

Fasola Park

12 Sycamore Lane
Deptford, NJ 08096

Event Schedule

Rain or Shine- No Refunds

Registration	6:45AM- 7:45AM
5K Run/Walk start	8:00AM
Awards Ceremony	9:00AM
1 Mile Health Walk/Fun Run (Children Only Ages 5-12)	9:15AM
Refreshments	

Race Amenities

- * All pre-registered participants will receive a t-shirt
- * Race day registrants will receive a t-shirt **(while supplies last)**
- * Post-race water and refreshments

Register online at through Community Pass at

<https://register.communitypass.net/deptford>

Information

5K Run Age Groups

12 & under	13-15
16-19	20-29
30-39	40-49
50 & older	

Awards

- ◆ 5K Run Overall Top Male Finisher
- ◆ 5K Run Overall Top Female Finisher
- ◆ Top 3 runners in each age group receive medals
- ◆ Only those runners finishing in less than 40 minutes will be timed
- ◆ All runners finishing within 40 minutes will be eligible for awards



Timing by L&M Computer Sports

Complete order of finish will be available at:

www.lmsports.com

www.deptford-nj.org

Entry Fees (Non- Refundable)

Pre Registration until 4/27/11

	Pre-Register	Day of Race
5K Run	\$ 20.00	\$ 25.00
5K Walk	\$ 10.00	\$15.00
1M Run/Walk	\$ 5.00	\$ 7.00
	Runner ____	Walker ____

Full Name _____

Age on Race Day ____ Sex: Male __ Female __

Address _____

City _____ State _____ Zip _____

Email Address _____

T-shirt Size: M ____ L ____ XL ____ XXL ____

YS ____ YM ____ YL ____ YXL ____

Total Amount Enclosed: _____

Make Checks Payable :

The March of Dimes

Submit registration form/fee to:

5k Run /Walk

Waiver: I the undersigned acknowledge that a race is a hazardous activity. I certify that I am, or my minor child is, medically able and have sufficiently trained for this event. With acceptance of this entry I do hereby, for myself and anyone entitled to act on my behalf, waive any liability against Deptford Township, March of Dimes, volunteers, or sponsors of the event, for any injuries suffered by me in this event. I also give permission for any photos to be used from this event.

Signature _____

Date _____

