

# 5<sup>th</sup> ANNUAL NORWOOD FAST & FLAT 5K RUN/WALK TO BENEFIT **CancerCare NJ**

## NJ USATF CERTIFIED

### SATURDAY, OCTOBER 24, 2009 - 9:30 am

#### PRESENTED BY THE NORWOOD RUNNERS' ASSOCIATION

#### LOCATION

- ▶ Kennedy Field  
455 Broadway  
Norwood, NJ
- ▶ Rain or Shine

#### COURSE

- ▶ Fast & Flat
- ▶ USATF Certified
- ▶ **DAG Chip Timing** by Best Racing Systems
- ▶ 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Mile Times
- ▶ Multiple Water Stops

#### SCHEDULE

- ▶ 8:00 am - Check-In Begins
- ▶ 9:30 am - 5K Run/Walk Begins
- ▶ 10:30 am - Kids Fun Run
- ▶ 10:45 am - Awards & Raffle

#### AWARDS

- ▶ Top Three Male & Female Finishers Overall
- ▶ **Five Year Age Groups**, Three Deep -  
9 & Under to 70 & Over
- ▶ Top Five Male & Female Norwood Finishers

#### AMENITIES

- ▶ **Long Sleeve T-Shirt** and Race Packet to All Pre-Registrants and While Supplies Last
- ▶ Post-Race Refreshments
- ▶ Plenty of Parking and Restroom Facilities
- ▶ **Music** and Raffle Prizes

#### ADDITIONAL INFORMATION

- ▶ Contact Alan Gettis at 201.784.0694 /  
drgettis@aol.com or David Gettis at  
201.450.2587 / davidmgettis@gmail.com
- ▶ [www.norwood5k.com](http://www.norwood5k.com)



**ONLINE REGISTRATION:** [www.practicehard.com](http://www.practicehard.com) > **EVENT CALENDAR** > **NORWOOD 5K**

## NORWOOD FAST & FLAT OFFICIAL ENTRY FORM

Checks payable to: Norwood Runners' Association

Mail to: Norwood Runners' Association, 50 Adams Street, Norwood, NJ 07648 by 10.19.09

Last \_\_\_\_\_ First \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Sex \_\_\_\_\_ DOB \_\_\_\_\_ Age on Race Day \_\_\_\_\_

In consideration of this entry being accepted, I hereby for heirs, executors, administrators and myself waive any claim that I may have against the Borough of Norwood, the Norwood Runners' Association, Inc., the Norwood Volunteer Ambulance Corps., the Norwood Police Dept., or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am in physical condition for this event.

Signature (Parent or Guardian if Under 18) \_\_\_\_\_ Date \_\_\_\_\_

#### FEES

- \$20 by 10.19.09
- \$18 USATF by 10.19.09
- \$25 Race Day

#### 2009 USATF # \_\_\_\_\_

#### LONG SLEEVE T-SHIRT SIZE

- Small  Medium
- Large  X-Large