

## HADDON GLEN 5K

Come out and support one of the true "treasures" that Haddon Heights has to offer. On a quiet street tucked behind athletic fields on a beautiful property is a pool where children play on long summer days and families gather as they have for decades before. Haddon Glen is a nonprofit swim club that boasts a 25 meter pool with six lanes, diving well, separate children's pool, picnic area with grills, horseshoe pits, playground, snack bar, a Tri-county championship swim team and South Jersey League diving team. It is a unique place where time has stood still keeping all of the attributes of the "wonder years".

Visit the Haddon Glen Website to see more about what makes our swim club so special. Maybe we will see your family by the pool this summer!

[www.haddonglen.org](http://www.haddonglen.org)



**Mark the date, set your goal and don't be late.**

## Runners Register by 3.31.11 and Upgrade to Dri-Fit Running Shirt

### HADDON GLEN SWIM CLUB

Mail Race Application and Check Payable to  
Haddon Glen 5k  
110 Seventh Avenue  
Haddon Heights, NJ 08035

#### Questions?

Race Coordinator: Rick Grove  
Phone: 609-315-2200  
E-mail: [Haddonglen5k@gmail.com](mailto:Haddonglen5k@gmail.com)

## Sponsorship Opportunities

If you or someone you know would like to support Haddon Glen by being a race sponsor, please contact Elizabeth Grove at [Haddonglen5k@gmail.com](mailto:Haddonglen5k@gmail.com).

Many sponsorship levels means that *everyone* can get involved !!

*Put your family name or a message on the race day shirt.*

## Haddon Glen 5K Kick-off to Summer

Runners Register by  
3.31.11 to Upgrade to a  
Dri-Fit Running Shirt



**SUNDAY  
MAY 15, 2011**

**8:00am start  
Rain or Shine**

Race day registration begins at 6:30am

Come out and enjoy the:

- USATF Certified 5k Course (NJ00009GN)
- Same course as Firecracker 5k
- Point to Point finish 1 mile from start
- Mostly flat and fast with one challenging hill.
- Mostly shaded neighborhood run through picturesque Haddon Heights
- Two water stations
- T-Shirts to the first 300 runners
- Refreshments and Fruit at Finish
- Computer Timing
- Finish Line and Results by L&M Sports and Event Productions, Inc
- Awards (see inside)



Mail Registration to:  
110 7th Avenue, Haddon Heights 08035  
Or online at [www.LMSPORTS.com](http://www.LMSPORTS.com) deadline is  
Midnight May 12

# Haddon Glen 5K Kick-off to Summer 2011

## AWARDS

1st Overall Male & Female \$100 each

1st Overall Masters\* Male and Female

\$50.00 each

\*Masters winners are eligible for both overall and masters prize monies. Prize money winners are not eligible for age group medals.

### Age Groups:

Top Three Male and Female Each

Division

Receive a Winners Medal

14 and under; 15-19; 20-29; 30-39;

40-49; 50-59; 60 and over

\*\*Only those finishing under

### Early Packet Pick up and Entry:

May 14th: 1:00pm—3:00pm  
at Haddon Heights Borough Hall  
625 Station Avenue

### Race Day Late Entry and Packet Pick up

May 15th 6:30am at the Baptist Church  
Parking Lot on the Corner of  
4th and Station Ave, Haddon Heights

**May 15th Race Day  
Start 8am**



**Participant Registration/Release: All Participants must complete**

Full Name: \_\_\_\_\_  
*(please print clearly)*

Race Day Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Sex: Male Female Shirt Size: M L XL XXL

Address \_\_\_\_\_

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

Email: \_\_\_\_\_

**RACE REGISTRATION \$20.00 Pre-Race \$25.00 Race Day**  
 Mail-in registration deadline Friday May 6, 2011  
 On-line registration ([LMSPORTS.COM](http://LMSPORTS.COM)) deadline Midnight May 12, 2011  
 \*\*\*\*\*Registrations Postmarked by March 31, 2011 will receive an upgraded Dri-Fit Running Shirt\*\*\*\*\*

Checks Payable to: **Haddon Glen 5k**  
 Mail to: **Haddon Glen 5k, 110 7<sup>th</sup> Avenue, Haddon Heights, New Jersey 08035**

Waiver IN CONSIDERATION FOR ACCEPTING THIS ENTRY, AND THE GRANTING OF THE RIGHT TO PARTICIPATE IN THIS EVENT, I THE UNDERSIGNED, INTENDING TO BE LEGALLY BOUND HEREBY, FOR MYSELF, MY HEIRS, PERSONAL REPRESENTATIVE, SUCCESSORS AND ASSIGNS, WAIVE AND RELEASE ANY AND ALL CLAIMS FOR LOSSES AND DAMAGES I MAY HAVE AGAINST, EVENT COMMITTEE, VOLUNTEERS, EVENT SPONSORS, HADDON GLEN SWIM CLUB, HADDON HEIGHTS BORO, L&M SPORTS, THEIR REPRESENTATIVE SECESSORS AND ASSIGN AND/OR ANY OTHER PERSON WHOMSOEVER IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT, AND VERIFIED BY A LICENSED PHYSICIAN, AND HAVE SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS EVENT.

I understand that if my time exceeds 45 minutes I will not receive an official time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian must sign if entrant is under 18 yrs old

Date Received: \_\_\_\_\_  
 Check #: \_\_\_\_\_  
 Bib # Assigned: \_\_\_\_\_