

Directions to Christ our Light:

From the NJ Turnpike: Take Exit 4 to Route 73 North, going approximately a mile, get onto RT 38 West and immediately exit onto 41 South (Kings Highway, towards Haddonfield). Church is approximately one mile on the right.

From I-95 and Philadelphia: Go over Ben Franklin Bridge on 676 (US 30). Continue on 70 East for approximately 4 miles and take jug-handle for 41 North (Kings Highway) Church is about a mile on the left.

From I-295 in New Jersey – Take Exit 34B To Route 70 West. In approximately a mile, take Exit for 41 North (Kings Highway) and church is about a mile on the left.

Send Registration and Donations to:

CPT Greg Dalessio Foundation
P.O. Box 8272
Cherry Hill, NJ 08002

Email:
timothy.j.pagano@gmail.com

For Registration and Results:
www.lmsports.com

**4th Annual CPT Gregory T. Dalessio
Memorial 5K Run / Walk
December 3rd 2011**



**Catholic Community
of Christ our Light
402 North Kings Highway
Cherry Hill, NJ 08034**

Registration: 6:30 AM
5K Run/Walk: 8:00 AM



About Gregory Dalessio: On Monday June 23rd 2008, Greg gave his life serving his country during combat operations in Salman Pak, Iraq.

Always with a smile on his face, Greg touched the lives of others through his everyday actions and genuine kindness. Whether with family, friends, or co-workers, Greg always found a way to make people feel special and important.

Greg has always been a hero to his family, demonstrating how others are supposed to be treated and how to love unconditionally.

Participant Registration:

Name: _____

Age: _____ Sex : _____

Address: _____

City: _____

State: _____ Zip: _____

Email Address: _____

Runner or Walker (Circle One): **R** **W**

T-shirt size: S M L XL XXL

Registration Fees:

\$25 Registration Fee

Please make all checks payable to: Capt. Gregory T Dalessio Memorial Foundation

All contributions are tax deductible

Total Enclosed: \$ _____

Waiver: In consideration of this entry acceptance, I, my heirs, executors and administrators hereby waive any rights of claim for damages I may have against L&M Computer Sports, all-cosponsors, or any individual associated above for any and all injuries sustained by me in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. I also understand that the entry fee is non-refundable and non-transferable. I further attest and verify that I am physically fit and have sufficiently trained for competition and my physical condition has been verified by a licensed medical doctor. **THIS WAIVER MUST BE SIGNED BY EACH PARTICIPANT REGISTERED.**

Signature of athlete: (Signature of parent or guardian if under 18 years)

Date: _____

IF ATHLETE IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete, is in good physical condition, and that race officials have my permission to authorize emergency treatment if necessary.

Race Highlights:

Long-sleeved T-shirts to first 500 registrants

Water and refreshments at finish

Prizes to the top overall male and female
Awards to the top 3 finishers (male and female) in each category

14 & under	40-49
15-19	50-59
20-29	60 and over
30-39	