



FireCracker 5K

Haddon Heights, NJ
Sponsored by the Haddon Heights Drug Commission



July 4, 2009

- **Early Packet Pick Up & Entry:** July 3rd -- - Avoid race day lines, stop in Friday night -- 6:00 p.m. to 7:30 p.m. at: Haddon Heights Borough Hall, 625 Station Avenue Entry fee still at the "pre" early fee.
- **Also enter on-line:** www.ACTIVE.com, deadline is July 1st at MIDNIGHT.
- **Race Day Late Entry & Packet Pick Up:** July 4th, 6:30 a.m. to 7:45 a.m. -- Baptist Church parking lot, corner of 4th & Station Ave., Haddon Heights, NJ
- **July 4th Race Day 5K Start: 8:00 a.m. Sharp! "Rain or Shine"**
Course: USATF Certified – NJ0009GN. Flat, fast & mostly shaded – point to point. Ends 1 mile from start line, at Hoff's Park, the parade finish. Great running through beautiful Haddon Heights! Course roads are police controlled. Two WATER POINTS and mile markers on course. Water, bananas, and oranges at the end of the race.

Awards -- No Award Duplications:

1st Overall Male & Female: \$150 each -- 2nd Overall Male & Female: \$ 100 each-- 3rd Overall Male & Female: \$50 each

Age Groups: Top 3 Males & Females Each Division

14 & Under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70+

Special Award Divisions:

Top 3 Public Safety Personnel (male & female): Police / Fire / EMS / Federal LE; Top 3 Military (male & female)

- **Amenities:** T-Shirts -- Refreshments -- Water Tables on Course -- Course Police Controlled -- Indoor Restroom Facilities at Start Line
- Computer Timing, Finish Line & Results by **L & M Computer Sports & Event Productions, Inc.** --

Results posted prior to awards ceremony -- Results web posted on race day afternoon: www.LMSPORTS.com
Race kicks off the Haddon Heights 4th of July Parade! Many town residents come out to cheer you during the race and at the finish! Please be sure to stay after the race and enjoy the celebration.

Fees:	<u>\$20 Pre</u>	<u>\$25 Race Day</u>
Checks Payable:	Haddon Heights Drug Commission	
Mail to:	Haddon Heights Drug Commission, 625 Station Avenue, Haddon Heights, NJ 08035	
Questions?	Lee Wentz: 856-287-4116	Mike Valvardi: 856-573-9755

----- Cut & Mail -----

Entry/Release: All participants must complete & sign. **Firecracker 5K 2009**
(please print clearly)

NAME: _____

Bib # Assigned:

Race Day Age: _____ **Gender:** Male Female **Phone:** _____

Street: _____ **City:** _____ **State:** _____ **Zip:** _____

E-Mail optional: _____ **T-Shirt Size:** M - L - XL

5K Race Division: **Choose only ONE that applies:** Open-Age Group Top 3 Military Finishers (male & female)

Top 3 Public Safety Personnel (male & female): Police / Fire / EMS / Federal LE

Release: 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 HEIGHTS DRUG COMMISSION, HADDON HEIGHTS BORO., L&M SPORTS, THEIR REPRESENTATIVES, SUCCESSORS, AND ASSIGN AND/OR ANY OTHER PERSON WHOMSOEVER FOR ANY AND ALL INJURIES, ILLNESS INCLUDING DEATH, THAT MAY RESULT FROM MY PARTICIPATION IN SAID EVENT. I REPRESENT AND AFFIRM THAT I AM 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.

SIGNATURE: _____

DATE: _____

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