



# RUN 4U 5K

## Saturday August 19th, "Rain or Shine"

### ChronoTrack Chip Timing



#### 5K Run/Walk

#### Date/Start Time

Saturday, August 19th  
8:30AM 5K

#### Location

Cooper River Park Stadium  
North Park Drive  
Pennsauken, NJ 08109

#### Contact

Lysa Bishop  
[info@thebfitstudio.com](mailto:info@thebfitstudio.com)

#### Awards

Top 3 Male and Females \$100, \$75  
& \$50 Cash awards  
Finisher Medals!

Team with most entries receives a  
special award.

Top 3 male & females 11—70

First male and female Camden  
resident

#### Amenities

Event shirts guaranteed for all reg-  
istrations by July 31st

#### To Benefit bFIT Kidz Club

Make Check or money order payable to: bFIT4Life Ministries 1401 Princess Avenue, Camden, NJ 08103

5K Run Preregistration \$20 until March 31, \$30 April 1—May 31, \$35 June 1—Aug 18 \$

5K Walk Preregistration \$20 until March 31, \$25 April 1—Race Day \$

5K Run/Walk Family of 4 \$ 75

Kids "Dash" pre or post \$ 15

		Team Name	
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First Name		Last Name	
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Male		Female		Age		Emergency Phone #	
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Street		City		State		Zip	
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Email Address		Tsize	S	M	L	XL	XXL	CS
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Waiver: I certify that I am medically able and have sufficiently trained for this event. I agree to abide by all decisions of the race as final. In consideration of the acceptance of my entry and intending to be legally bound, I do hereby for myself, and anyone entitled to act on my behalf, waive, release and discharge any and all members of the bFIT4Life Ministries, the Township of Pennsauken, Camden County Park Commission, South Jersey Race Timing LLC, sponsors and their agents, employees, representatives, successors and assignees for any and all injuries suffered by me in said event.

Signature		Date	
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Guardian if 18 or under		Date	
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**Register Now**



# Run4U Course Map Cooper River Park

