



In Partnership With



**PRESENTS ITS 21<sup>st</sup> ANNUAL  
"NO FRILLS, JUST THRILLS" SUMMER SERIES  
COOPER RIVER PARK - PENNSAUKEN, N.J.**

In support of the victims of the bombings at the 2013 Boston Marathon, the South Jersey Athletic Club will donate all proceeds from the 1st race in the 2013 "No Frills, Just Thrills" series on 6/11/13 at 7:00PM (1 Loop - 3.65 Miles) to:



We will also have a limited number of "SOUTH JERSEY LOVES BOSTON" T-Shirts available for a donation of \$20. 100% of any additional donations received will go to the One Fund - Boston

Thank you to our sponsors for making this possible:

*\*SOUTH JERSEY RACE TIMING\**                      *\*FLEET FEET MARLTON\**  
*\*PINELAND STRIDERS\**                      *\*THE SOUTH JERSEY RUNNING COMPANIES\**

The full No Frills Series schedule, results and award categories are available on: [www.southjersevac.org](http://www.southjersevac.org)

Further questions contact Ed Maher at: [maher@comcast.net](mailto:maher@comcast.net) - **PRIOR TO DAY OF RACE!!!**  
*Race day registration only – no preregistration!*

**ENTRY FEE: \$5 --- \$3 FOR SJAC MEMBERS**  
**FULL TIME STUDENTS RUN FREE!!! (Bring school I.D. if over 18)**

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Race Entry fee: \_\_\_\_\_  
T Shirt donation of \$20: \_\_\_\_\_  
Optional additional donation to The One Fund - Boston: \_\_\_\_\_  
Total: \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ - \_\_\_\_\_

AGE \_\_\_\_\_ SEX: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

E Mail (for info on SJAC races & events): \_\_\_\_\_

In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Camden County Parks, SJAC, and other sponsors, their representatives and successor, volunteers, organizations and any other individuals supporting these events from all claims or liabilities of any kind arising out of my participation in these events. I verify that I am physically fit and have sufficiently trained for the completion of the event entered.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN IF RUNNER IS UNDER 18 \_\_\_\_\_