

4th Annual

Team Ray of Light

Cross Country 5K/ 1 Mile Walk



Course:

USATF/RRTC Certified

Race Time: 9:00 AM

Walk Time: 9:30 AM

Check In/Race Bib Pick-up:
730-830 AM

Contact Info:

Race Director:

Nicole Simpson

Phone: 609-922-3226

Email:

teamrayoflight@outlook.com

Saturday May 17, 2014

Race Time- 9:00 AM

Rain or Shine

Cedarvale Winery

205 Repaupo Station Rd

Logan Twp, NJ

(exit 14 off I-295, make right off exit ramp)

Wine Tasting available after race \$5.00 per adult 21 yrs +

Awards for 5K runners:

Trophy for Overall Top Male
& Female Finisher

Medals awarded to top 1
finisher in each age group for
both male & female

Recognition award to overall
oldest and youngest finisher
5K

Age groups:

10 & under, 11-14, 15-19, 20-
29, 30-39, 40-49, 50-59, 60+

Register online at: www.lmsports.com

Application Fee: Race- \$25.00 per runner (before 4/30/14), Walk- \$10.00 per walker (10 years and older)

5/1/14 through SAME DAY REGISTRATION: \$30/runner, \$15/walker

* Shirts will be guaranteed to **RUNNERS** only if registered no later than May 1, 2014. If any extra day of race, they will be handed out "first come first serve". *

WILL ORDER ADDITIONAL SHIRTS PER REQUEST ONLY FOR \$15.00 per shirt

**4th Annual Team Ray of Light
Cross Country 5K/1 Mile Walk
Saturday May 17, 2014- 9am start
Cedarvale Winery- Logan Twp, NJ**

Participant Registration Information:

First Name: _____ Last Name: _____ Age: _____

Birthdate: __/__/__

Gender: M or F Email: _____ Phone: (_____) _____ - _____

Address: _____

City: _____ State: _____ Zip: _____

Registration Date: _____ Category: Cross Country 5K 1 Mile Fun Walk

Entry Fee: Runners: \$30.00 (*Discount if registered by May 15: \$25.00*) Walkers: \$15.00 (10yrs and older) (*Discount if registered by May 15: \$10.00*)

Runners T-shirt size: S M L XL XXL

Payment Information:

- ☐ Check Enclosed (*Made payable to "Team Ray of Light"*)
- ☐ Cash

Mail application with cash or check made payable to "Team Ray of Light" and send to:

Nicole Simpson
432 Oakland Ave
Bellmawr, NJ 08031

Refreshments for participants.

*** Winery open for tasting after race @ \$5 per person.