



**7TH ANNUAL
HADDONFIELD
ADRENALINE 5K &
TEAM CHALLENGE
AND
KID'S 1/4 MILE &
100M TRACK RACE
MARCH 17, 2012
5K 9 A.M.
KID'S RACE 9:45 A.M.**



**USATF
GRAND PRIX CIRCUIT RACE
MIDATLANTIC 5K CHAMPIONSHIP**



**SIGN UP ONLINE @
WWW.RUNSIGNUP.COM**



WWW.RUNNINGCO.COM

FOR ALL UPCOMING CALENDAR EVENTS!

PLEASE VISIT

2012 Adrenaline 5K and Kid's Race

- 5K Individual.....\$25* 5K Team\$25* Kids Race (12yrs & under)\$10
- Haddonfield Resident
- Police/Fire/EMTS

*Enter Team
Name Below*

Amount Enclosed \$ _____

(ALL TEAM FORMS MUST BE SUBMITTED TOGETHER)
*\$25 prior to 3/12/12 and \$30 after 3/12/12

Team Name _____
Team Category (circle one): *Club Male Club Female High School Club Male High School Club Female*
Family Team Corporate Team

Full Name: _____
(Please Print)

Address: _____

City: _____ State _____ Zip: _____

Email: _____ M F

Age on 3/17/12 : _____ Phone: _____ Shirt: XS S M L XL

Signature: _____ Signature: _____

Participant

Parent/Guardian (if under 18)

HOTLINE

856-428-1666
dave@runningco.com
fj@runningco.com

**Please make checks
payable and mail to:**
Haddonfield Running Company
121 Kings Highway East
Haddonfield, NJ 08033

Knowing that running is a physically demanding endeavor, I, in consideration of this entry being accepted, hereby for myself, my heirs, and executors, waive and release any and all civil rights I may have against the organizers, sponsors, or benefactors holding this event for any and all injuries suffered by me at said race.

THE RACE

USATF Certified 5K Course

The Haddonfield Adrenaline 5K USATF Grand Prix Circuit Race MidAtlantic 5k Championship

Saturday, March 17, 2012

Registration - 7 A.M.

5K Race - 9 A.M.

Kid's Race - 9:45 @ Track

Awards to Follow

RACE DAY LOCATION

Haddonfield High School
401 Kingsway Highway East
Haddonfield, NJ
08033

TEAM CHALLENGES

*Team scoring based on time of runners,
not place.*

****No Day of Race Team Registration****

3 to a team to score, with no maximum.
Awards to top 2 teams in each of the
following categories:

- *High School Club Team
(Male and Female)*
- *Family Team*
- *Corporate Team*
- *Club (Male & Female)*

AWARDS

ChampionChip TO BE USED for timing

Awards to be based on gun times not chip times

Finisher's medals to all kid's race participants

**Top 5 overall
Male and Female
Runners**

1st - \$400

2nd - \$250

3rd - \$150

4th - \$100

5th - \$50

**Top 3 overall
Masters
Male and Female
Runners**

1st - \$100

2nd - \$75

3rd - \$50

**Awards will be given to the top 3 male and
females in each of the following age groups:**

Under 14 30-34 50-54

15-19 35-39 55-59

20-24 40-44 60-64

25-29 45-49 65-69

70+

**Awards will be presented to the first male and
female finishers in the
following:**

- *Haddonfield Resident* • *Police / Fire / EMS*
- 2 Great Post Race Parties**

*10-5pm at the
Haddonfield Running Co.
121 Kings Highway East
(Great Discounts,
Food & Drinks)*

*The Irish MILE
350 Haddon Ave.
8-12pm (Open Bar)
*Must get wrist band
from Haddonfield
Running Co. for Entry*

5K REGISTRATION

- \$25 Pre-Race Registration
(before March 12, 2012)
 - By Mail
 - In PersonHaddonfield Running Co.
www.runsignup.com
- \$30 after March 12, 2012
 - Only in person @ HRC

KID'S 1/4 MILE & 100M RACE

- \$10 Registration anytime
 - Register by same methods as 5K

Packet Pick-up

- March 14-16 from 10am - 7pm @
Haddonfield Running Company
121 Kings Highway East
Haddonfield, NJ 08033
- Race Day packet pick-up @
Haddonfield High School starting at 7am

No Packet Pickup until March 14

DIRECTIONS

From Phila.

From the Ben Franklin Bridge, take Grove street,
Follow signs for "Cherry Hill." After ramp, take
Route 70 East about 3 miles to route 41 exit to
Haddonfield, continue straight. After the second
traffic light, Park Ave., Haddonfield High School is
on your right. Follow signs for parking.

From 295

Take Exit 32 - Haddonfield/Gibbsboro. At end of
exit ramp turn onto Route 561 West
(Haddonfield/Berlin Road) towards Haddonfield.
Travel straight on Route 561 for about 3 to 4 miles,
make a right onto Kings highway, Haddonfield High
School is on your left. Follow signs for parking.