



Hamilton Township PAL

Presents the inaugural
BE A PAL 5K RUN and ONE MILE WALK

Saturday, September 13

Registration starts at 7:30 a.m.

Race and Walk start at 9:00 a.m.

Proceeds of this event will benefit the Hamilton Township Police Activities League

Location: The Hamilton Township beach at The Cove, Park Road in Mays Landing

Cost: \$15.00 if pre-registered by September 8th, \$20 after September 8th and on race day. Register by mail:

Hamilton Township PAL

BE A PAL 5K

P. O. Box 1081

Mays Landing, NJ 08330

Packet pick-up: on race day, between 7:30 a.m. and 8:45 a.m. at the race site

Awards: Top three overall, Male and Female; First Male and Female Masters; First Male and Female Hamilton Township residents and top three in ten year age groups

Amenities: Tee shirts to all pre-registered runners and walkers (while supplies last to late registrants), post-race refreshments, water stop on course

Course: Scenic, mostly flat course in the Lake Lenape area

Sponsorships: Contact Carole Wright at 609-442-6082, or visit www.htpal.org for sponsorship opportunities

REGISTRATION

NAME _____ DATE OF BIRTH _____ AGE ON RACE DAY _____

ADDRESS _____

PHONE # _____ EMAIL _____

SEX ___ M ___ F T SHIRT SIZE ___ S ___ M ___ L ___ XL

By signing this form, I hereby waive any claims against Hamilton Township PAL, the Township of Hamilton and race volunteers for any injury that may be suffered in the event. I also claim that I am in good physical condition to participate in this event.

Signature _____ Date _____

(Parent's signature for minor)