



***Holiday 4 Mile Run
Scholarship Run for Shawnee High
Saturday, December 8th, 9:00AM***

Where: Beach #1 & McKendimen Road, Vaughan Hall, Medford Lakes, NJ
From Route 70 take 541 (Stokes Road) South to P.J. Whelihans, bear left on Medford Lakes – Tabernacle Road, Vaughan Hall and parking ¼ mile on left

Course: USATF Certified “out and back” on McKendimen Road

Amenities: This is a “no frills” run, shirts will be provided from previous Strider events. Refreshments and fruit will also be available.

Awards: Trophies to first 3 male and female finishers

Age Groups: 0-13, 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

Information: Race Director, Frank Messenger 856-767-9204, 215-854-2870

Email: runner131@comcast.net

Entry Fees: 18 & under, \$5, Pineland Strider Members \$10, Other adults \$12 pre, \$15 race day

Mail To: Pineland Striders, 240 Park Ave., Marlton, NJ 08053

Last Name: _____ **First** _____

Age _____ **Sex** _____ **Email** _____

Street _____ **City** _____ **Zip** _____

Waiver: I hereby waive and release all claims for damage I may have against the Pineland Striders, Medford Lakes Colony Club, sponsors and the municipalities of Medford Lakes and Medford Township. I attest and verify that I am physically fit and am properly trained for the event.

Signature: _____

If under 18, Parents signature: _____