

The Norwood Runners' Association Presents the  
**7<sup>th</sup> ANNUAL NORWOOD  
FAST & FLAT 5K  
PLUS DOG WALK! (NEW FOR 2011)**  
**SATURDAY, OCTOBER 22, 2011, 9:30 AM**

*Proceeds to benefit:*

NORWOOD  
PTO

American Heart  
Association®



**LOCATION**

- ▶ Kennedy Field  
455 Broadway  
Norwood, NJ
- ▶ Rain or Shine

**COURSE**

- ▶ Fast & Flat
- ▶ USATF Certified
- ▶ B-TAG Timing by Best Racing
- ▶ 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Mile Times
- ▶ Multiple Water Stops

**AWARDS**

- ▶ Top Three Male and Female Finishers Overall
- ▶ Five-Year Age Groups, Three Deep:  
9 & Under to 80 & Over
- ▶ Top Five Male and Female Norwood Finishers

**AMENITIES**

- ▶ Long Sleeve T-Shirt and Race Packet to All Pre-Registrants and While Supplies Last
- ▶ Post-Race Refreshments
- ▶ Plenty of Parking and Restroom Facilities
- ▶ Music and Raffle Prizes

**SCHEDULE**

- ▶ 8:00 AM: Check-In Begins
- ▶ 9:30 AM: 5K Run/Walk/Dog Walk
- ▶ 10:30 AM: Kids Fun Run
- ▶ 10:45 AM: Awards and Raffle

**CONTACT AND FACEBOOK**

- ▶ David Michael Gettis at 201.888.8570 or davidmgettis@gmail.com
- ▶ Like Us on Facebook for Additional News, Pics, Links, and Updates:  
**facebook.com/fastandflat**

**ONLINE REGISTRATION:** [practicehard.com](http://practicehard.com) > EVENT CALENDAR > NORWOOD 5K

**NORWOOD FAST & FLAT 5K PLUS DOG WALK OFFICIAL ENTRY FORM**

Checks payable to: Norwood Runners' Association  
Mail to: Norwood Runners' Association, 50 Adams Street, Norwood, NJ 07648 by 10.17.11

Last \_\_\_\_\_ First \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_  
Sex \_\_\_\_\_ DOB \_\_\_\_\_ Age on Race Day \_\_\_\_\_

**FEES**

- \$20 by 10.17.11
- \$18 USATF by 10.17.11
- \$25 Race Day

**2011 USATF #** \_\_\_\_\_

**LONG SLEEVE T-SHIRT SIZE**

- Small  Medium
- Large  XL

In consideration of this entry being accepted, I hereby for heirs, executors, administrators and myself waive any claim that I may have against the Borough of Norwood, the Norwood Runners' Association, Inc., the Norwood Volunteer Ambulance Corps., the Norwood Police Dept., or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am in physical condition for this event.

Signature (Parent or Guardian if Under 18)

Date

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