

EIGHTH ANNUAL NORWOOD FAST & FLAT

5K



AND DOG WALK



SATURDAY 10.27.12 9:30 AM

PRESENTED BY THE NORWOOD RUNNERS' ASSOCIATION

PROCEEDS TO BENEFIT:

- NORWOOD PTO
- NORWOOD EMS
- NORWOOD FD
- NORWOOD LIBRARY
- SALVATION ARMY
- NJ COMMUNITY FOOD BANK

THE DETAILS

LOCATION

Kennedy Field, 455 Broadway, Norwood, NJ
Rain or shine

SCHEDULE

8:00 AM: Check-in begins
 9:30 AM: 5K run/walk/dog walk commences
 10:30 AM: Kids fun run commences
 10:45 AM: Awards and raffle

COURSE

Fast, flat, and USATF certified
 B-TAG timing by Best Racing Systems
 Mile markers and times at every mile
 Multiple water stops

AWARDS

Large trophies to:
 Top 3 male and female finishers overall
 Top 3 in all 5-year age groups:
 9 & under to 80 & over
 Top 5 male and female Norwood finishers
 Gift certificates to top 3 male and female
 finishers and winners of each age group

AMENITIES

Long sleeve tee and race bag to first 500 registrants
 Plenty of parking and restroom facilities
 Post-race refreshments, music, and raffle prizes

CONTACT AND FACEBOOK

David Michael Gettis
 201.888.8570 or davidmgettis@gmail.com

[facebook.com/fastandflat](https://www.facebook.com/fastandflat)

OFFICIAL ENTRY FORM

REGISTER ONLINE AT:

practicehard.com > Event Calendar >
 Eighth Annual Norwood Fast & Flat 5K

LAST _____

FIRST _____

STREET _____

CITY _____

STATE _____ ZIP _____

EMAIL _____

PHONE _____

SEX _____ DOB _____

AGE ON RACE DAY _____

FEES

\$25 by 10.20.12 \$22 USATF by 10.20.12
 \$30 race day 2012 USATF # _____

LONG SLEEVE TEE SIZE

Small Medium Large XL

*Checks payable to Norwood Runners' Association
 *Mail to 50 Adams Street, Norwood, NJ 07648 by 10.20.12

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