

South Jersey's Largest Fitness Event

6TH ANNUAL



4 THE CURE

Sunday, June 7th

New For 2009 1st Annual

5k & 1 Mile Walk/Run



Saturday, June 6th

MainlandFitness

Participant Information

(One registration form per participant)

Name: (fill in below)		
Address:		
City:	ST:	ZIP:
Phone:	Cell:	
E-Mail:		
Age Day of Race:		

Sponsor Information

(Have your friends, family & co-workers support your efforts)

Sponsor Information	\$ Donation
Sponsor Name:	
E-mail:	
Sponsor Name:	
E-mail:	
Sponsor Name:	
E-mail:	
Donation Total:	

Minimum Donation (Spin) = \$100

Minimum Donation (Fitness Class) = \$50

Minimum Donation (Combo - Spin & Fitness) = \$125

Registration Information:

Mary Alice Vesper

609-823-4949

vesper2@verizon.net

Sponsor Information:


Lisa Bee

609-204-1170

lisabees4c@comcast.net

Sunday, June 7th

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4 THE CURE



Form A Team!

Wear a Team Shirt
Business Sports Team
Health Club Family
In honor or memory of

NEW FOR 2009

Saturday, June 6th

1st Annual

5k & 1 Mile

Walk/Run

Start at Mainland Fitness and run through historic Linwood, NJ.

Fun For All Ages!

Mainland Fitness

Cornerstone Commerce Center
 1201 New Rd. Linwood
 609-601-7150

When:

7:00 Race Day Packet Pick-Up
7:45 Line-Up & National Anthem
8:00 Start

(T-Shirt Included w/with Registration Fee)

DAY	TIME	CLASS	INSTRUCTOR	FEE	CHECK HERE
SUNDAY	8:00 - 9:00	SPIN	Denyne Bennette & Brenda Cohan	\$100	
	8:15 - 9:15	KETTLEBELL CHALLENGE		\$25	
	9:00 - 10:00	FITNESS FUSION	Donna O'Shea & Rich Ples	\$50	
	9:15 - 10:15	SPIN	Terri Hiles & JB Sless	\$100	
	10:30 - 11:30	SPIN	Joe Dugan & Donna O'Shea	\$100	
	11:00 - 12:00	KETTLEBELL (BEGINNER)	Juan Guillen	\$50	
	11:00 - 12:00	ZUMBA	Caitlin Redman	\$50	
	11:45 - 12:45	SPIN	Lisa Bee & Shane Conesky	\$100	
	1:00 - 2:00	SPIN	Cindy Berges & Roni Crist	\$100	
	1:00 - 2:00	Speed & Agility (Ages 13 & UP)	Juan Guillen (Youth Class)	\$25	
	1:00 - 2:00	Speed & Agility (Ages 8 - 12)	Kerry Lorrick (Youth Class)	\$25	
			Spin & Fitness Class COMBO (Check one of each)		\$125
SATURDAY	8:00	5K Run highschool student discount (\$20)		\$25	
	8:00	1 Mile Walk / Run		\$20	
SUNDAY	6:00 PM	AFTER PARTY (PARTICIPANT)		\$15	
	6:00 PM	AFTER PARTY (NON-PARTICIPANT)		\$35	

I am unable to participate this year, but I would like to make a donation.

Business & Corporate Sponsorship Opportunities

The Gold Tour de France \$ 1000

Includes 8 Spinners, or runners. Premier Banner and T-Shirt Recognition (logo) for both events. All 8 Spinners can join the celebration at Steve & Cookies.

The Silver Giro d'Italia \$ 500

Includes 4 Spinners, or runners. Premier Banner and T-Shirt Recognition for both events. All 4 Spinners can join the celebration at Steve & Cookies.

Sponsor deadline: 5/22/2009

2009

SEC ROW SEAT

GEN. ADMISSION
 JUNE 7th, 2009

ADMIT ONE THIS DATE ONLY

THE AFTER PARTY!



Featuring ...

Please Purchase Tickets in Advance



Food

Cash Bar

Raffles

20 Years of GREAT Music

Sunday, June 7th @ 6pm

¢15 Event Participants
 ¢35 Non Participants



All checks should be made payable to: Leukemia & Lymphoma Society

Registration forms and payments mailed to: Lisa Bee PO Box 3377 Margate, NJ 08402