

# 2009

June 28<sup>th</sup>

## FORERUNNER 10k

www.FORERUNNERFITNESS.com

### ABOUT THE STAFF

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**Susan Pajer, MS, CPT**, Founding partner of ForeRunnerFitness, certified personal trainer and running coach. Her innovative training programs have taken thousands of everyday people and transformed them into runners from the 5K to the marathon distance. Susan and her runners have been featured in Runner's World Magazine, The Philadelphia Inquirer, CBS3 and NBC10 local newscasts.

[susan@forerunnerfitness.com](mailto:susan@forerunnerfitness.com)

**Dave Gehman, RRCA**, A lifetime runner who has been providing running expertise and coaching knowledge for more than 10 years. Dave's passionate, inspiring presence has helped many runners reach their hidden potential. His unique ability to see things from a new or seasoned runner's perspective and his empathetic style offer runners an excellent formula for success.

[dave@forerunnerfitness.com](mailto:dave@forerunnerfitness.com)

**David Pajer**, Co-owner of a specialty running store for 18 years. He has raced the Boston Marathon and Ironman Triathlon. His vast knowledge of running techniques will add variety to your training experience.

[david@forerunnerfitness.com](mailto:david@forerunnerfitness.com)

### RACE INFO

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**When:** Sunday June 28<sup>th</sup>, 2009

**Start Time:** 8:30 AM

**Registration:** 7:30 AM – 8:00 AM

**Location:** Stockton, NJ (tow-path)

**Course:** Out and back on the tow-path. Turnaround is at Bulls Island.

**Amenities:** Water, bagels, fruit and gels will be provided for every runner. Also, everyone will receive a goodie bag filled with items every runner will love!!

**Fee:** \$20

### HOW TO SIGN-UP

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**In store:** Training Zone Sports (checks only)

**At the Race:** (Checks only) registration is open from 7:30 AM – 8:00 AM

**Checks payable to:** ForeRunnerFitness

DATE	RACE	FEE
6/28	FR 10k	\$20

## RSVP 215-348-1509

Name	
Birthday	<input type="checkbox"/> Female <input type="checkbox"/> Male
Phone	
E-mail	
Street 1	
Street 2	
City	
State	Zip
<p>I know that running is a potentially hazardous activity. I should not enter a running event unless I am medically able and have consulted with a physician. I acknowledge that falls, contact with participants, the effects of weather, including high heat and/or humidity, the conditions of the track and/or road, traffic on the course, are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and the consideration of my being accepted into the running event. I for myself and anyone entitled to act on my behalf, waive and release Forerunner Fitness, Training Zone Sports, Stockton, NJ, event volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence of persons named in this waiver.</p>	
Signature	
Date	