



23rd Annual **Lacey 5K Race**

1 Mile Fun Run/Walk & Kiddie Dash
Saturday, August 26, 2023

Registration at 7:00am 1 Mile Run/Walk at 8:00am
5K Race 8:30am (Kiddie Dash following 5K)
At Gille Park, 25 Manchester Ave., Forked River

Proceeds Benefit Substance Abuse Prevention, the Recreation Dept. & the Lacey Food Bank

Entry Fees: **5K** - \$30 Pre-registered by August 5th; \$35 after. Students 18 and under, \$23
Pre-registered by August 5th; \$30 after. **USATF Members** - **5K** - \$25 Pre-registered by August 5th only.
1 Mile - \$20 Pre-registered by Aug. 5th; \$23 after; Students 12 and under- \$15 Pre-registered by
Aug. 5th; \$20 after.
Kiddie Dash - \$10.00 Ages 2-11, each participant receives a medal, Italian Ice and Happy Meal coupon.

Early Packet Pick-up & Post Registration: Friday, August 25th at the Recreation building, 10am to 7pm.

Awards: Top three M/F, 12 and under, 13-15, 16-19 and 5 year age groups (thru 85 and over); M/F Top Lacey Resident;
Mayor's Trophy (Lacey residents, 5 or more); Team Challenge (3 or more).

Course: Flat USATF certified 5K course thru award-winning, scenic Gille Park.

Amenities: Custom designed **Performance T-shirts (adult sizes only)** preferred sizes guaranteed to pre-registrants;
ChronoTrack Timing Technology by Elite Racing Systems, multiple water stops, clocks at mile 1&2, prize
drawings & refreshments.

Directions: GSP to exit 74. Turn right on Lacey Rd., (Forked River) take jug handle, just before traffic light, onto Manchester
Ave. Gille Park will be on the left. Use 2nd entrance into park

2023 Registration Form

Circle One: **5K Race** **1 Mile Run/Walk** **Kiddie Dash**

Name: _____ **Tel.#** _____ **Age:** _____ **(Day of Race)** **M/F** _____

Address _____ **City/State** _____ **Zip** _____

E-mail _____ **USATF Member** _____

Moisture-wicking shirts: ADULT: Female S M L XL Male S M L XL YOUTH: S M L

Team Name _____
Team Challenge (3 or more) **Mayor's Trophy (Lacey residents, 5 or more)**

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release the Township of Lacey, Lacey Municipal Alliance, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

I agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

I understand that all fees paid for the Lacey 5K Race are **non-refundable** and non-transferable for any reason.

Signature (If under 18-parent/guardian) _____ **Date** _____

Please make checks payable to: Lacey Twp. Municipal Alliance
Mail application and payment to: 818 Lacey Rd., Forked River, NJ 08731
For information call 609-693-1100 ext. 2217 or www.lacey5K.com.

Register Online at
www.eliteracingsystems.com
or download application at
www.lacey5K.com