AGENDA - Rain or Shine!

Saturday, October 27th, 2018.

7:30 am - 8:30 am

Registration

(T- Shirt/ package pickup information) *Registration will be held at LHS*

9: 00 am

5k Run/Walk to start Will start at Lindenwold HS

1 Mile Fun Run/ Walk to start Will start and finish at Lindenwold HS.

10: 15 am

Awards Ceremony

Held in front of the High School (801 Egg Harbor Rd.) immediately following the race.



RACE COURSE

The race course will take you on a scenic tour through Lindenwold Park and the nearby asphalt trails **on a certified course**.

Race results on: LMSPORTS.com

First 125 race entrants will receive a top quality t- shirt

5K – Top 1 overall winner

Male

5K Run – Age Groups

Top 1 male & female in each age group will receive awards: 14 & under, 15–19, 20-29, 30-39, 40-49, 50-59, 60 plus

5k Run- Residents

Awards will be given to the first male & female residents of Lindenwold.

5k Run- Alumni Award

Top 1 male & female Lindenwold High School Alumni

REGISTRATION FEES

NO REFUNDS!

Day Registration and Parking in front of High School **5K RACE**

\$17 Postmarked by October 19th \$22 Race Day

- *You can register online at www.lmsports.com
- *Additional convenience fee is required
- *Donations accepted
- *Do not register Race Week by mail.

1-Mile Fun Run/ Walk

\$17 Postmarked by October 19th \$9 Students

\$50 Family of five

*Do not register Race Week by mail.

Post Race Buffet

Fresh Fruit, Muffins, and Juice

Do not register by mail the week of the race!!

All Participants must complete and sign! Make checks payable to Lindenwold High School.

Send check and mail entry forms to Lindenwold H S. Attention: Mike Egan 801 Egg Harbor Rd., Lindenwold, NJ 08021

For *pre*-registration, please mail by October 19th

For more information, please contact
856-741-0320 ext 1017
Or visit www.lindenwold.k12.nj.us
(Please Print Clearly)
First Name

Last Name

Street/ Apt
City
State _____ Zip Code____
Email ___
Lindenwold Alumni/Grad Yr.

Age: ____ Sex: ____ Shirt Size: S ___ M ___
L __ XL ___ XXL ___

5K Fun Run/Walk

Total: \$

Release and waiver (all must sign)

In consideration of your accepting this entry, the above signed entrant, intending to be legally bound for myself, my heirs executers and administrators, waive and release any and all rights and claims for damages that I may have against Lindenwold HS. The Borough of Lindenwold School, L-M Timing Systems, and all sponsors and their agents, employees, representatives, successors, and assigns for any and all injuries suffered by me in said event and my physical condition that has been verified by a licensed physician.

Signature (parent/guardian must also sign if entrant is under 18) Date

AWARDS

Entry Form & Release

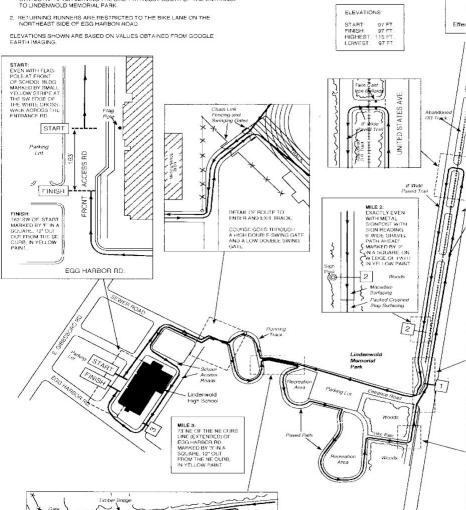
801 Egg Harbor Road Lindenwold, New Jersey08021 11th **Annual Lindenwold HS** Flat and Fast Run/ Walk

NOTES:

COURSE HAS BEEN MEASURED IN ACCORDANCE WITH USATE/RRTC REQUIREMENTS. USING THE SHORTEST POSSIBLE ROUTE (SPR) METHOD, AND TO WITHIN 12" OF ALL CURBS AND DEFINED ROAD, PAVED PATH AND TRAIL EDGES.

RUNNERS WILL HAVE USE OF FULL WIDTH OF ROADS AND PAVED PATHS AND TRAILS, EXCEPT AS NOTED HEREAFTER.

1. NORTHEOUND RUNNERS ARE RESTRICTED TO THE WEST SIDE OF UNITED STATES AV AFTER LEAVING THE BIKE PATH JUST SOUTH OF THE ENTRANCE TO LINDERWOLD MEMORIAL PARK.



LINDENWOL