

## **AGENDA - Rain or Shine!**

**Saturday, October 27<sup>th</sup>,  
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

## **AWARDS**

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

### **5K – Top 1 overall winner**

Male .....

Female .....

### **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](http://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!!***

## **Entry Form & Release**

*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](http://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 executors 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 \_\_\_\_\_



**Flat and Fast**

# 5K

## 11th Annual Lindenwold HS Run/Walk

801 Egg Harbor Road  
Lindenwold, New Jersey 08021

### NOTES:

COURSE HAS BEEN MEASURED IN ACCORDANCE WITH USAF/ARTC 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. NORTHBOUND RUNNERS ARE RESTRICTED TO THE WEST SIDE OF UNITED STATES AV. AFTER LEAVING THE BIKE PATH JUST SOUTH OF THE ENTRANCE TO LINDENWOLD MEMORIAL PARK.

2. RETURNING RUNNERS ARE RESTRICTED TO THE BIKE LANE ON THE NORTHEAST SIDE OF EGG HARBOR ROAD.

ELEVATIONS SHOWN ARE BASED ON VALUES OBTAINED FROM GOOGLE EARTH IMAGING.



### ELEVATIONS:

START: 97 FT  
FINISH: 97 FT  
HIGHEST: 115 FT  
LOWEST: 97 FT





