

# AGENDA - Rain or Shine!

**Saturday October 26<sup>th</sup>, 2019**

## 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 near-by 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 18<sup>th</sup>  
\$22 Race Day

- \*Do not register Race Week by mail.
- \*You can register online at [www.lmsports.com](http://www.lmsports.com)
- \*Additional convenience fee is required
- \*Donations accepted

### 1-Mile Fun Run/ Walk

\$17 Postmarked by October 18<sup>th</sup>  
\$9 Students

\$50 Family of five  
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 18<sup>th</sup>

*For more information, please contact  
856-741-0320ext 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 \_\_\_\_

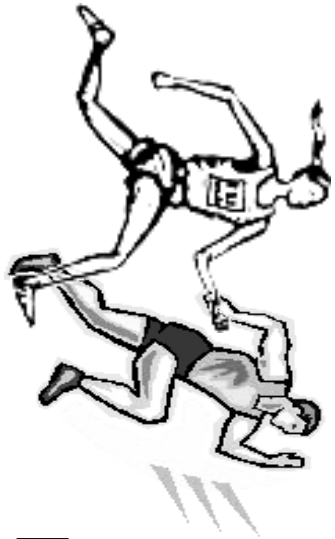
5K \_\_\_\_\_ Fun Run/Walk \_\_\_\_\_

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** 12th Annual Lindenwold HS Run/Walk  
 801 Egg Harbor Road  
 Lindenwold, New Jersey 08021

NOTES:

COURSE HAS BEEN MEASURED IN ACCORDANCE WITH USATF/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. NORTHEAST 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.

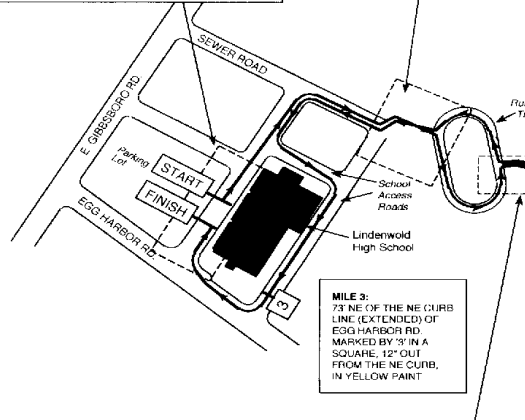
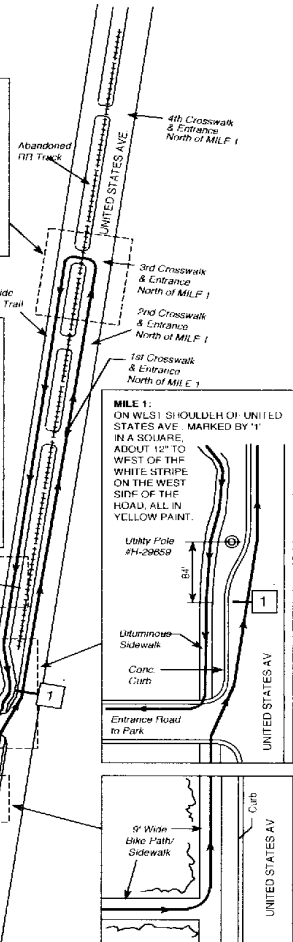
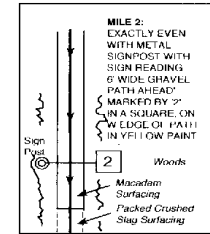
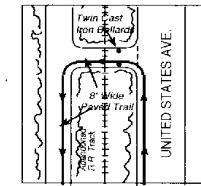
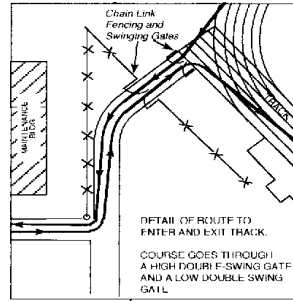
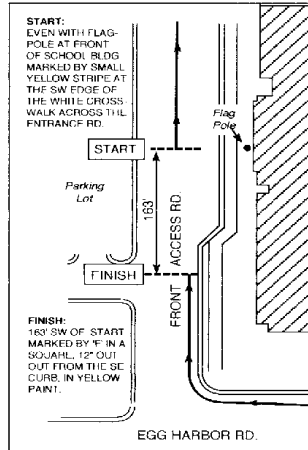
ELEVATIONS SHOWN ARE BASED ON VALUES OBTAINED FROM GOOGLE EARTH IMAGING.



**LINDENWOLD HS 5K RUN**  
 Lindenwold, NJ

USATF/RRTC  
 Certification Code  
**NJ09003WB**  
 Effective 05/31/2009 to 12/31/2019

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



**MILE 3:** 73' NE OF THE NE CURB LINE (EXTENDED) OF EGG HARBOR RD. MARKED BY "3" IN A SQUARE, 12" OUT FROM THE NE CURB, IN YELLOW PAINT

