

Sterling Alumni 5k Run and Mile Walk



Proudly Sponsored by



October 8, 2017

- **Online Registration:** lmsports.com - open until October 6th at 10 pm
- **Fees:** \$20 pre-registration (online) or \$25 Race Day
- **Race Details:** 5k and Walk Start: 8:30 am RAIN or SHINE
- **Location:** Sterling High School, 501 Warwick Road, Somerdale, NJ 08083
- **Race Day Entry & Packet Pick-Up:** October 8th from 7 am - 8:25 am on Preston Avenue Side Entrance to the Track
- **Course:** Flat, fast, & new- Starts and ends on track. Residential running through Sterling Community. Course roads will be police controlled. One Water Station halfway through the race. Refreshments will be provided for competitors and their families thanks to South Jersey Pretzel and Water Ice.
- **Awards:** Trophies will be presented to the TOP 3 male and female winners along with winners in their age groups.
Age Groups:
13 & under, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60+
- **Amenities:** T-Shirts – Refreshments – Water Stop – Police Controlled – Restroom Facilities
- **Sponsorship:** Family sponsorships are \$10 for family name on the back of the T-shirt. Please mail in sponsorships by September 10th
- Computer Timing, Finish Line & Results by **L&M Computer Sports & Event Productions, Inc.**
Results posted prior to awards ceremony: Results web posted race day morning: LMSports.com
All race proceeds go towards the Sterling Track and Field Alumni Association Scholarship.

Checks Payable: Sterling Running
Mail: Sterling Running, 17 N. Browning Avenue, Somerdale, NJ 08083
Questions? Contact James Daniels: 856-745-5764 or stfcaa@gmail.com

Full Name: _____ Age (on Race Day): _____

Gender: _____ Address: _____ City: _____

State: _____ Zip Code: _____ Email: _____

Shirt Size: S M L XL Choose 1: 5k or 1 mile Walk Family Sponsorship Name: _____

Liability Waiver and Race Agreement:

In consideration of your acceptance of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executor, and administrators, waive and release forever any and all rights to claims or damages I may have against the event organizers, sponsors, volunteers, race officials, and all parties involved with this event. I attest to being fully trained and fit to participate and have full knowledge of the risks involved. I also give my permission for the free use of my name(s), photo and/or voice in any broadcast, telecast, print account or any other account in any medium of this event.

Participants Signature Date
(Parent/Guardian must sign if runner is under 18 years old)