

AGENDA - Rain or Shine!

Saturday, October 22, 2011

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 150 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.

REGISTRATION FEES

NO REFUNDS!

Day Registration and Parking in front of High School

5K RACE

\$15 Postmarked by October 10th

\$20 Race Day

***Do not register Race Week by mail.**

1-Mile Fun Run/ Walk

\$15 Postmarked by October 10th

\$8 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 10th

For more information, please contact
856-741-0320 ext 1007

Or visit www.lindenwold.k12.nj.us
(Please Print Clearly)

First Name _____

Last Name _____

Street/ Apt _____

City _____

State _____ Zip Code _____

Email _____

Age: _____ Sex: _____ Shirt Size: S _____ M _____ L _____

XL _____ XXL _____

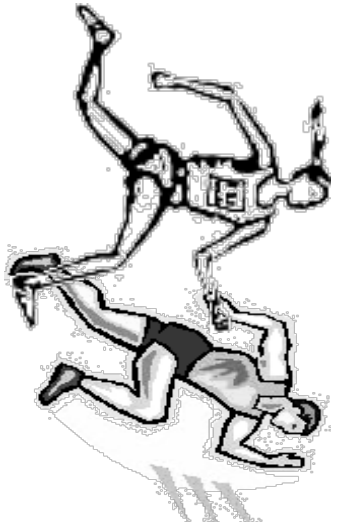
5K _____ Fun Run/Walk _____

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 Third Annual Lindenwold HS Run/Walk
 801 Egg Harbor Road
 Lindenwold, New Jersey 08021

NOTES:

COURSE HAS BEEN MEASURED IN ACCORDANCE WITH USATF/RTTC REQUIREMENTS, USING THE SHORTEST POSSIBLE ROUTE (SPR) METHOD, AND TO WITHIN 1/2" 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-SIDE 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/RTTC
 Certification Code
NJ09003WB
 Effective 05/31/2009 to 12/31/2019

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

