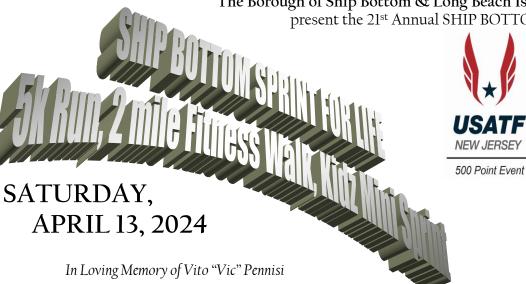
The Borough of Ship Bottom & Long Beach Island PBA Local 175 present the 21st Annual SHIP BOTTOM SPRINT FOR LIFE





## Benefiting THE LEUKEMIA & LYMPHOMA SOCIETY\*\*

	**A small percentage of the pro-	oceeds are donated	l to other charitable organizations
SCHEDULE:	10:00 am - Registration / Packet Pick-up begins at the 10 <sup>th</sup> Street boat ramp		
	11:45 am – Start time Kidz Mini Sprint		
	12:30 pm – Start time 5k Run		
	12:31 pm – Start time Fitness Walk		
REGISTRATION	N: By mail: checks payable to "SHIP I		
	Mail to: Ship Bottom Sprint, P.O. Box 423, Ship Bottom, NJ 08008, or online at <a href="https://www.RaceForum.com/Ship"><u>www.RaceForum.com/Ship</u></a>		
ENTRY FEES:	5k or walk: \$25.00 by April 4, 2024 / \$20.00 by April 4, 2024 for USATF-NJ members		
	\$30.00 after April 4 <sup>th</sup> and on race day; Walkers and Runners 12 & under: \$19.00		
	Kidz Mini Sprint \$15.00 ages 4-11 (plastic medal and t-shirt)		
FL AWADDC.	<i>Please add \$5.00 to your entry fee if you'd like to attend the after-race party (kids 12 and under are free).</i> 1,2,3 overall M & F, top 3 M & F 12 and under, and top 3 M & F - 5 year age groups, up to 85+		
5k AWARDS: AMENITIES:	Long sleeve quality designer t-shirts guaranteed to all pre-registrants (Kidz Mini Sprint shirts are short sleeve). Free		
AMENITES:	pre-race coffee & donuts. After-race refreshments. After-race party with free buffet, raffles and auctions only \$5.00		
	for race participants; \$10.00 for non-participants; kids under 13 free (at race party).		
DIRECTIONS:	Garden State Parkway to Exit 63, Rt 72 East onto Long Beach Island. Right at first light (Barnegat Ave). Then		
	first right onto 10 <sup>th</sup> street, follow to the bay. Signs will be posted. Parking at Ship Bottom Boat Ramp 10 <sup>th</sup> Street on		
	the bay; race to begin on 11 <sup>th</sup> Street.		
INFO:	www.ShipBottomSprint.com / (609) 709-4576 or mpbd@comcast.net		
	2024 SHIP BOTTO	M SPRINT FOR LII	FE – Official Entry Form
Name	Phone		Sex (circle) <i>M F</i>
			,
Address			Age (on race day
City	State	Zip	Date of Birth
- · <b>J</b>		r	
Email address:		2024	USATF-NJ Membership #
		2024	OSTIT 13 Membership "
Event (circle)	5k Fitness Walk Kidz Mini Sprint	T-shirt size (cir	cle): Sprint: kidsL Sm Med Large XL XXL
Event (en ele).	ok Timess wark Raz min sprin	1 SHIT C SIZE (CII	Kids Mini Sprint (short sleeve): Sm Med Large
			ixids with optime (short siecve). Sin litea Large
Yes, I will be atte	nding the after-race party. I've enclo	osed an additional §	85.00
	nia and Lymphoma Society Donation		
•	• •		
			un unless I am medically able and properly trained. I agree to abide by any race official ing, but not limited to: falls, contact with other participants, the effect of the weather,
including low or high tem	peratures and/or humidity, traffic and the conditions of	the course, all such risks bei	ng known and appreciated by me. Having read this waiver and knowing these facts and
			elease The Leukemia and Lymphoma Society, the Borough of Ship Bottom and all its sentatives and employees and successors from any and all claims and liabilities of any

kind arising out of my participation in this event or carelessness of the persons named in this waiver. Further, I grant to all of the forgoing authority to use any photographs, motion pictures,

Signature of parent if under 18 years of age

recordings, or any other record of this event for legitimate purposes.

Signature: