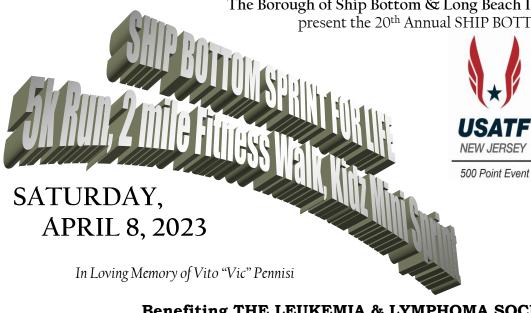
The Borough of Ship Bottom & Long Beach Island PBA Local 175 present the 20th Annual SHIP BOTTOM SPRINT FOR LIFE



Optional Leukemia and Lymphoma Society Donation:

Signature:

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



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

\*\*A small percentage of the proceeds are donated 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		
REGISTRATIO	N: By mail: checks payable to "SHIP BOTTOM	SPRINT"	
	Mail to: Ship Bottom Sprint, P.O. Box 423, Sl	nip Bottom, NJ 08008,	or online at www.RaceForum.com/Ship
<b>ENTRY FEES:</b>	5k or walk: \$25.00 by March 30, 2023 / \$20.00 by March 30, 2023 for USATF-NJ members		
	\$30.00 after March 30 <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)		
	Please add \$5.00 to your entry fee if you'd like to attend the after-race party at (kids 12 and under are free).		
5k AWARDS:	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+		
<b>AMENITIES:</b>	Long sleeve quality designer t-shirts guaranteed to all pre-registrants (Kidz Mini Sprint shirts are short sleeve), Free		
	pre-race coffee & donuts, After-race refreshments, After-race party at Calloways in Eagleswood with free buffet,		
	drink specials, raffles/auctions only \$5.00 for race participants.		
<b>DIRECTIONS:</b>	Garden State Parkway to Exit 63, Rt 72 East onto Long Beach Island. Right at first light (Barnegat Ave). Then		
	first right onto 10th street, follow to the bay. Signs will be posted. Parking at Ship Bottom Boat Ramp 10th Street on		
n mo	the bay; race to begin on 11 <sup>th</sup> Street.	1.10	
INFO:	www.ShipBottomSprint.com / (609) 709-4576		
	2023 SHIP BOTTOM SPRIN	Γ FOR LIFE – Official	Entry Form
Name	Phone		Sex (circle) M F
Address			Age (on race day
City	State	:	Date of Divide
City	StateZ	ıp	Date of Birth
Email address: _	2023 USATF-NJ Membership #		
Event (circle):	5k Fitness Walk Kidz Mini Sprint <u><b>T-shi</b>r</u>		nt: kidsL Sm Med Large XL XXL Mini Sprint (short sleeve): Sm Med Large
Yes, I will be atte	ending the after-race party. I've enclosed an a	lditional \$5.00	

WAIVER: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of the weather, including low or high temperatures and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release The Leukemia and Lymphoma Society, the Borough of Ship Bottom and all its departments and employees, Long Beach Island local PBA 175, Maria Pennisi, and all sponsors, their representatives 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