

The Borough of Ship Bottom  
and Long Beach Island Local PBA 175  
present the 8<sup>th</sup> Annual



# SHIP BOTTOM SPRINT FOR LIFE

## 5k Run and 2 mile Fitness Walk

**SATURDAY APRIL 3, 2010**

*In Loving Memory of Vito Vic Pennisi*

**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  
12:30 pm – Start time 5k Run  
12:32 pm – Start time fitness walk

**REGISTRATION:**

By mail: checks payable to SHIP BOTTOM SPRINT FOR LIFE  
Mail to: Ship Bottom Sprint, P.O. Box 423, Ship Bottom, NJ 08008  
Or register online at [www.RaceForum.com/Ship](http://www.RaceForum.com/Ship)

**ENTRY FEES:**

5k or walk: \$20.00 by March 25, 2010 / \$18.00 by March 25<sup>th</sup> for USATF members  
\$25.00 after March 25<sup>th</sup> and on race day  
Walkers and Runners 12 & under: \$17.00

**\*\* Please add \$5.00 to your entry fee if you'd like to attend the after-race party.**

**5k AWARDS:**

1,2,3 overall M & F, top 3 M & F 12 and under, and top 3 M & F - 5 year age groups

**AMENITIES:**

Long sleeve quality designer t-shirts guaranteed to all pre-registrants, Free pre-race coffee & donuts, After-race refreshments, After-race party with free buffet, drink specials, door prizes – only \$5.00 for race participants.

**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](http://www.shipbottomsprint.com) / (609) 978-1397 or [mpbd@comcast.net](mailto:mpbd@comcast.net)

2010 SHIP BOTTOM SPRINT FOR LIFE – Official Entry Form

Name \_\_\_\_\_ Phone \_\_\_\_\_ Sex (circle) *M* *F*

Address \_\_\_\_\_ Age (on race day) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email address: \_\_\_\_\_ 2010 USATFNJ Membership # \_\_\_\_\_

**Yes, I will be attending the after-race party. I've enclosed an additional \$5.00** \_\_\_\_\_

**Event (circle):** *5k* *Fitness Walk* **T-shirt size (circle):** *adult: S M L XL XXL Kids: L*

**Optional Leukemia and Lymphoma Society Donation:** \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent if under 18 years of age \_\_\_\_\_