

Lower Township Elementary Schools "Step It Up" 5K Walk/Run



DATE: Sunday, October 20, 2024

LOCATION: Lower Cape May Regional High School Track

TIME: 9:00 AM "Rain or Shine"

Calling all Families! Join us for some family fun! The Step It Up 5K Walk/Run begins at 9:00 AM sharp! All proceeds benefit the Lower Township Elementary Schools Wellness Program.

Course: Start location is the track at Lower Cape May Regional High School and continues on the cross country course and finishes back on the track. Only registered participants are permitted on the run/walk course (no pets or bicycles permitted).

Fee: Only \$5 per person. Fee for families with more than 4 participants is capped at \$20.

Registration: To guarantee a shirt, please pre-register by returning this registration form to your child's school nurse by October 10th with a check made out to the "LTES Educational Foundation". Day of event registration is available from 8:15 AM to 8:45 AM. **This registration form must be submitted with only immediate family members listed. Please circle the LAST NAME of the participant below picking up shirts on the day of the event. Thank you!** Important: All pre-registered participants will receive an official race t-shirt, bottle of water and piece of fruit! Same day registration participants will receive a shirt on a first come basis.

CHILDREN MUST BE ACCOMPANIED BY AN ADULT!

PLEASE PRINT PLEASE CIRCLE SIZE -----

----- **Student** Name: _____ Shirt Size: Youth S, M, L Adult S, M, L, XL **Participant**

Name: _____ Shirt Size: Youth S, M, L Adult S, M, L, XL

Name: _____ Shirt Size: Youth S, M, L Adult S, M, L, XL

Name: _____ Shirt Size: Youth S, M, L Adult S, M, L, XL

Parent/Guardian Name: _____ Shirt Size: Adult S, M, L, XL, 2XL
Participant

Name: _____ Shirt Size: Adult S, M, L, XL, 2XL

Student Homeroom _____ Phone #: _____

Emergency Contact Name: _____ Phone #: _____

ACKNOWLEDGEMENT: I understand that the activities associated with this event involve certain risks, including, but not limited to, injury in connection with strenuous activity and locations where certain hazards are to be expected and cannot be eliminated or controlled (i.e. uneven or rocky terrain). I, on behalf of myself and/or my child participant, hereby voluntarily assume any risks associated with participation in the event, and release and hold harmless the Lower Township Board of Education, its employees, representatives and volunteers from any injuries, claims, damages, and/or causes of action which may arise out of, result from, or relate to participation in the event.

Signature: _____ Print: _____ Date _____