



5k Run & Walk

Lyndhurst Police Emergency Squad will host its sixth annual 5k run on Saturday November 3, 2018 at 8:30 am at the Lyndhurst Recreation Center. Proceeds will help the Lyndhurst Police Emergency Squad buy equipment and supplies to better serve the community.

Registration

The early registration fee if submitted before October 24 by mail or October 29 online is \$25. After the early registration period, the registration fee will be \$30. LPES is offering First responders, military and students a \$5 discount if registered during early registration period. USATF-NJ members will receive a \$3 discount during the early registration period. Participants can register by mail until September 25 or online until September 30 at www.lpes5k.com.

Team Rates

Teams of 10 or more participants will receive a discount of \$2 off per person during the early registration period. Must register entire team online at www.lpes5k.com to receive discount or contact tnunes@emergencysquad.com for special rates and to pay by check.

Age Groups

Medals will be awarded to the top 3 performers within gender and age-group. Awards will be given to top three finishers in each age and gender group. Groups will be split by gender into age categories of 14 and under, in ten year increments from 15 to 79 and 80 and older.

Scoring by Compuscore

Scoring will be done using a bar code scanner that enables us to collect the data quickly and accurately. The scoring will start immediately after the first runners cross the finish line.

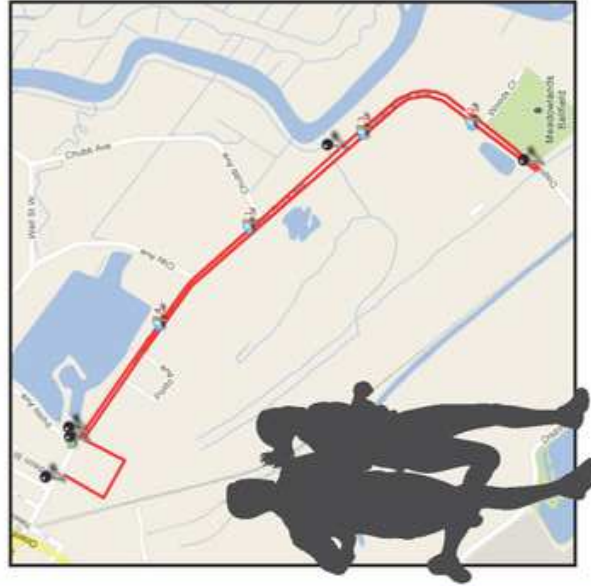
Race Day

- Race Day Registration will start at 6:30 am.
- Several water stations will be set throughout the course.
- Emergency medical personnel will be stationed throughout the course.
- Race sanctioned by USA Track & Field New Jersey. Finishers eligible for USATF NJ Grand Prix points.
- Coffee, tea, water, orange juice, bagels and bananas will be served.



For more information, sponsorship opportunities or instant registration please visit www.lpes5k.com

Course Map



Detailed course map available online

Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip code: _____

Phone #: _____

Email Address: _____

Date of Birth: _____

Age on November 3, 2018: _____

Gender: _____

Shirt Size: _____

I am a USATF-NJ member: _____ yes / no

If yes my # is: _____

I am an emergency responder: _____ yes / no

If yes I belong to: _____

I am a student: _____

If yes I attend: _____

Please check one below:

USATF-NJ members _____ \$22
(pre register by Oct 24 by mail & Oct 29 online)

Early Registration _____ \$25

Military, EMS, Fire & Police (with ID) _____ \$20

K-12 Student & College (with ID) _____ \$20

Late Registration _____ \$30

Register instantly online At:
www.lpes5k.com

Waiver / Release

By submitting this registration form, I release the Township of Lyndhurst, its officials, employees and volunteers, USA Track and Field New Jersey, Lyndhurst Police Emergency Squad and its members and sponsors from any claims arising from my participation in this event or any activity related to this event. By submitting this form I confirm that I am physically healthy and able to participate in this event. By participating in this event, I grant the Lyndhurst Police Emergency Squad the right to use any photos of myself participating at this event.

Signature of participant

Date

Signature of Parent/Guardian of minor

Date



Mail form and checks to:

Lyndhurst Police Emergency Squad
P.O. Box 471
Lyndhurst, NJ 07071

Directions

From the NJ Turnpike:

Exit 16W to Route 3 West. Take Route 3 West to Route 17 South (Lyndhurst Exit). Follow around the ramp to the traffic light (Quality Inn will be on your left). Make a left onto Polito Avenue. Continue to the end of Polito Avenue.

From the Garden State Parkway:

From the Parkway North, take Exit 153A; or from the Parkway South, take Exit 153 to Route 3 East. Follow Route 3 East to the 2nd Route 17 South Exit (the sign will read; Route 17 South/Lyndhurst - Service Road). At the end of the exit ramp there will be a traffic light. Go straight through the intersection onto Polito Avenue. Continue to the end of Polito Avenue.



Lyndhurst
Police
Emergency
Squad



5K | **run & walk**
Nov. 3, 2018
Starting at 8:30 am



Lyndhurst Recreation Center
862 Valley Brook Avenue
Lyndhurst, NJ 07071
www.lpes5k.com

A Special Thanks to our Main Event Sponsor



inserra
SUPERMARKETS INC.

www.emergencysquad.com



Serving the community since 1942, the Lyndhurst Volunteer Emergency Squad is a nonprofit ambulance and rescue service comprised of local volunteers and lifetime members. Lyndhurst prides itself on having committed and loyal volunteers who respond to more than 1900 emergency calls a year.