

The Borough of Ship Bottom and The Van Dyk Group present the 24th Annual

# Ship Bottom Sprint For Life

5k Run, 2 mile Fitness Walk, Kidz Mini Sprint

Saturday April 18, 2026

In loving memory of

VITO "VIC" PENNISI & PATRICK HARRINGTON

Benefitting:

DAVID'S DREAM & BELIEVE CANCER FOUNDATION  
and THE LEUKEMIA & LYMPHOMA SOCIETY



- Schedule:** 10:00am - Registration/Package Pickup begins at 10th Street BoatRamp  
 12:00pm - Start Time - Kidz Mini Sprint  
 12:30pm - Start Time - 5K Run  
 12:31pm - Start Time - Fitness Walk
- Registration:** Register online at [RunSignUp.com/ShipBottomSprint](http://RunSignUp.com/ShipBottomSprint) or mail check payable to Ship Bottom Sprint, 365 W. 12th St, Ship Bottom, NJ 08008
- Entry Fees:** 5K or Fitness Walk - \$30 by April 5, 2026; \$35 after 4/5 and on Race Day  
 Walkers and Runners under 12 - \$24  
 Kidz Mini Sprint - \$15 (includes short sleeve teeshirt and medal)
- Amenities:** Long-sleeved t-shirt guaranteed to all pre-registrants (before 4/5/26)  
 Post event activities details to be announced
- 5K Awards:** 1, 2, 3 overall M and F; medals for top three in 10 year age increments
- Information:** [www.shipbottomsprint.com](http://www.shipbottomsprint.com) or email - [denise.sbsprint@gmail.com](mailto:denise.sbsprint@gmail.com)

Name \_\_\_\_\_ Phone \_\_\_\_\_ Sex M F  
 Address \_\_\_\_\_ Age (on raceday) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ DOB \_\_\_\_\_

**EVENT:** 5K    Fitness Walk    T-shirt size: Adult M   L   XL   XXL

Kidz Mini Sprint Tshirt size: S M L

Waiver: I know that running a road race is potentially hazardous 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 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 Ship Bottom Sprint and its officers, the Borough of Ship Bottom and all its departments and employees, all sponsors, their representatives and employees from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons need in this waiver. Further I grant to all of the foregoing authority to use any photographs, videos or any other record of this event for legitimate purposes.

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

Guardian Signature if under 18: \_\_\_\_\_