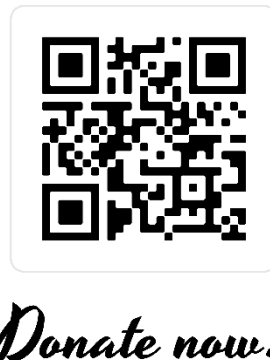


## Locked Up 12-Hour Ultra: LU12

### Special Olympics Fundraiser

The Hillsdale Emergency Services and Beechwood Bootcamp proudly brings to you the Locked Up 12-Hour Ultramarathon...

Mission: Set a goal and ATTACK!



Technology gotcha' down? Please search:

**UltraSignup.com : Locked Up 12 Hour**

**Fundthefirst.com : LU12**

This one-mile looped course sets the stage for both beginners and veterans of the sport to see how far your mind, body, and energy will allow you to go. With the course taking place on both road and grass with approximately 59 feet of elevation per mile, this sets the stage for a safe environment to push yourself to the limit and never give up until your mission is complete. "But a one-mile loop is boring" you might say... WRONG! This will be a 12-hour party loaded with music and entertainment for the whole family to enjoy.

The LU12 is an eco-friendly event with each participant required to provide their own hydration containers. Furthermore, there will be a limited aid station, so racers are encouraged to prepare their own nutrition. The event will be self-timed, and each participant shall document the time they cross each mile marker on the board provided.

The LU12 event is to raise funds and awareness for Special Olympics New Jersey, so come out and experience the event of a lifetime and get ready to CRUSH your goal!

**Race information:**

Date: June 1<sup>st</sup>, 2024

Time: Race will start promptly at 7:00am. and conclude at 7:00pm.

Location: Beechwood Park, Hillsdale, N.J. 07642

Address: Intersection of Hillsdale Ave. & Everdell Ave.

Park is located across from 127 Hillsdale Ave., Hillsdale, N.J. 07642 (for GPS users)

Parking: Parking is available at Memorial Field (Hillsdale Ave. across from Holdrum St.), Meadowbrook School (50 Piermont Ave.), and legal side street parking. Racers are encouraged to use designated parking lots.

Race check-in and gear set-up: 6:15am. - 6:45am.

Pre-race briefing will be held a few minutes prior to the race start.

**Other important information:**

\*Additional donations are encouraged for Special Olympics NJ (example but limited to, t-shirt purchases, lap sponsorships etc.)

\*There will be entertainment for all ages such as music, food trucks, police cars, an ambulance, and a fire truck. The County Swat Team and their infamous "Bear Cat" truck will make an appearance at 1:00pm.

\*Race Director, law enforcement, and medical personnel have the final say in decision making.

\*No cutting the course or cheating in any way (Obviously).

\*No littering!

\*Roadways are partially closed, so be alert for vehicles and other hazards at all times.

\*Medical staff will be present during the event. If you require medical attention, the medical personal will have the final say if you can continue (this is for your own safety).

\*Course will be well marked.

\*This event will take place rain or shine.

\*In case of lightning, the lightning detection system on premise will activate and we will temporarily pause the event until it is safe to resume.

\*There are no pets, bicycles, etc. allowed on the course for safety reasons. Only jogging strollers are permitted on the race course.

\*Make sure you bring your own hydration container(s) and nutrition.

\*There will be a very limited aid station, but we have a large area for all racers and families to set up their personal gear.

## **FAQ:**

Can I sign up the morning of the event?

- Yes, as long as the waiver and entrance fee are confirmed by a staff member at the tent area prior to starting the race.

Can we have teams?

- Yes, teams are encouraged, however, each individual must sign up on their own to ensure all waivers have been completed.

How will we be timed?

- This is a self-timed event. There will be timing boards and clocks at the start/finish line that each racer must complete simply by writing the time after the completion of each lap on the timing board. Writing instruments will be provided and easily accessible.

Can I have someone write my time for me after each mile.

- No, this is part of the challenge, but we will have staff remind you for the first few miles.

Can I wear headphones.

- Yes, headphones are permitted.

Can I do a few miles and return later in the day.

- Yes, as long as you mark your times accordingly.

Questions or concerns please e-mail [communitypolicing@hillsdalepolice.com](mailto:communitypolicing@hillsdalepolice.com)

Visit us on Instagram at **LU12Ultra** or on Facebook at **Dave Sayers (Locked Up Ultra)**

Click our Facebook link - [Facebook Link](#)

Click our Instagram link - [Instagram Link](#)

Donations can be made by visiting **Fundthefirst.com** and searching **LU12**, or simply scan the QR code.

LU12 Race Map:

