



**Linganore High School
Student Government Association
12th Annual Egg Nog Jog
Saturday, December 16, 2023
Linganore High School
12013 Old Annapolis Road
Frederick, MD 21701**



Proceeds benefit the Quentin Ingram Toy Drive & the MD Chapter of the Leukemia & Lymphoma Society.

In 2004, a member of our community named Quentin Ingram died of leukemia, a form of blood cancer common in many children. After his death, his family formed an annual toy drive during the winter holiday season that continues today. This toy drive gives children in Johns Hopkins Pediatrics unit toys and games to brighten their spirits in times of such overbearing grief. We realized we could do more to help this great tradition of giving, so the SGA created the **Quentin Ingram Egg Nog Jog**.

The Jog is a two-mile, holiday themed race on the grounds of LHS. The Jog is open to students, adults, and anyone who wishes to attend. The catch is the challenge to drink some egg nog every quarter mile, increasing the difficulty and excitement of the run. **Registration cost to participants is \$23.** All proceeds will be used to make a donation to the local chapter of the Leukemia & Lymphoma Society, to help fund research of blood diseases to prevent another death like Quentin's.

Registration:

Paper registration will be accepted through Wednesday, December 13, 2023.

Paper registration may be made these ways:

- By mail to LHS SGA
- By drop off at the main office ATTN: Mr. Brown

Packet Pick-up and Onsite Registration:

Saturday, December 16 7:30 - 8:45 AM Main Gym

Race Day Schedule:

Egg Nog Jog Start Time 9:00 AM



Participant Name: _____ **Gender:** female male **Age:** _____ **Grade:** _____

Address: _____

Phone: _____ **Email address:** _____

STEP ONE: Race Registration **\$23** (checks payable to LHS)

STEP TWO: Race Shirt Yes! Shirts included with all registrations → **Shirt Size:** S M L XL 2X
 No thanks, save the money and add to the LLS Donation!

Release/Waiver: I the undersigned, intending to be legally bound, do hereby for myself and heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, claims, and actions for damages that I may have, or that may hereafter accrue to me against Frederick County Public Schools, Linganore High School, and LHS Student Government including all units and councils, ad all of their officers, directors, members and volunteers. I attest and verify that I am physically fit and able to participate in this event and acknowledge that I am aware of the inherent risks in participating in an athletic event of this type. Further I grant permission for the use of any photography or recording of this event for legitimate purposes.

Participant Printed Name

Signature

Date

If participant is under the age of 18:

I am the legal guardian of Participant and hereby consent to his/her participation. I have read the foregoing release and agree on behalf of myself and the Participant to its terms.

Parent/Guardian's Printed Name

Signature

Date