



Illustration by Nancy Wood

The 7th Annual DOUG WOOD 5K TRAIL RUN

and Fun Run

April 10, 2010 - 9:00 AM

- Presented By:** The Northport Running Club
- Location:** Norwood Avenue School, 25 Norwood Ave, Northport
- Description:** 5K course starts at Norwood School then enters the Makamah Co. Nature Preserve for approximately 3 miles of challenging cross country hills and trails, returning to the school.
- T-Shirts:** Quality T-Shirts to 1st 500 pre-registered runners. Late and day of race applicants will receive T-Shirts while supplies last.
Fun Run starts at 8:30. Special Finishers Medals will be awarded to everyone who crosses the finish line. (no tee shirt)
- Number Pick Up:** Friday 4/9/10 6:15 pm - 8:00 pm Super Runners Shop, New York Ave., Huntington, NY
Day of Race: Norwood Ave. School 7:00-8:30 am **Refreshments available at end of race**
- 5K Awards:** Top 3 overall male and female, top 3 masters male and female. Top 3 Finishers: male/female 12 and under; 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

GREAT POST RACE RAFFLE

GRAND PRIZE RAFFLE: AIRPLANE TOUR OF MANHATTAN

Information: Bill Fleming - Race Director (Northport Running Club) (631) 757-5051

ENTRY FEE:

5K \$20 if postmarked by 4/02/10.
\$25 late registration for 5K
Fun Run - \$5.00
Register On Line: www.active.com

Thanks to all our sponsors

Fred's
Carpet

**THE
WOOD
FAMILY**

Ruth and Nancy
Frank & Betty
Jinny & Paul
Ted & Sue
Carol & Warren

Heritage Flight Academy

Keeping The Dream Alive

ECLIPSE SIGNS
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WAIVER: In consideration of the acceptance of my entry, I, the undersigned, do hereby waive and release and forever discharge any and all rights and claims for damages which I may have hereafter accrue to me while travelling to and from or participating in the Doug Wood Memorial 5K, against the Northport Running Club, Village of Northport, County of Suffolk, Town of Huntington, State of New York and their respective police, fire and emergency agencies, or their respective officers, agents, representatives, or successors along with RRCA, USATF/LITE, Start2Finish Corp. along with any sponsors, supporters and volunteers of said event(s), as a result of my participation in said run(s). I hereby attest and verify that I have full knowledge of the risks involved in participating in this event(s) and that I am physically fit and sufficiently trained to participate. The application warrants that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission for the free use of my name, picture or likeness in any account for the promotion of this race and use of any other record of this event for any legitimate purpose whatsoever. If signed by a parent, the parent agrees to release and hold the above named organizations and persons harmless of any claims which may be asserted by or on the behalf of the entrant. I have read the above statements, I understand them, and my signature below confirms its full acceptance.

PLEASE PRINT

Name: _____ Address: _____

Town: _____ State: _____ Zip: _____ Phone: _____

Age (as of 4/10/10) _____ Sex: M F D.O.B: ____/____/____ T-Shirt Size: S M L XL

Signature: _____ Date _____ Email: _____

Parent Signature (if under 18 years of Age)

Mail To: The Northport Running Club
c/o Andrea Mercer
4 Kimberly Drive, East Northport, NY 11731-3306
Checks Payable To: NRC-Doug Wood 5K

5K Race - \$20 (\$25 after 4/02/10) \$ _____

Fun Run Race - \$5 \$ _____

Donation for Memorial Fund \$ _____

TOTAL \$ _____