



Saturday, May 13th, 2017, 8:30AM

Central Islip High School
85 Wheeler Rd, Central Islip

4th Annual
5K Run for Lupus

3.1 miles, USATF certified & sanctioned, professionally
timed by Just Finish Inc.

T-Shirts guaranteed to the first 300 runners!

Awards for Overall Top Male & Female and Top 3 in
the following age group categories:

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.



- Early bird registration, \$20pp.
• Registrations made between 4/15/2017 - 5/12/2017 are \$25pp
• Race Day registration is \$30pp
• Registration and packet pick-up begins at 7:15 am - 8:15am
Questions? call 516-783-3370 or e-mail: info@lupusliques.org

www.LALI.Q.org

All proceeds will benefit those living
with lupus in Nassua, Suffolk and
Queens!

Post Race:
Refreshments,
Raffles & an Award
Ceremony!

Presenting Sponsor



Come out to run (or walk) and help make a difference in the life of someone with lupus!

Register online at www.LALI.Q.org/5K4



4th Annual 5k Run/Walk for Lupus Registration Form. Mail check and form to: The Lupus Alliance of
LIQ, 3366 Park Ave, Wantagh, NY 11793

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Age Day of Race: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Gender: \_\_\_\_ Male \_\_\_\_ Female T-Shirt Size: (circle) small medium large x-large xx-large

I know that running a road race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to falls, contact with other participants or spectators, the effect of weather, including heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Lupus Alliance of LIQ, Just Finish Timing Systems, Inc., all race sponsors, the hamlet of Central Islip, the Township of Islip, USATF, the police of Suffolk County New York, Central Islip High School, successors and assigns for any and all injuries suffered by me in said event and all claims and liabilities of any kind arising out of my participation in this event though that liability may arise out of the negligence or carelessness on the part of persons named in this waiver. If signed by a parent, the parent agrees to waive, release and hold harmless the above mentioned organizations and individuals from any and all said liabilities, claims and causes of action which may be asserted on behalf of the minor entrant. I attest and verify that I will participate in this event as a foot-race entrant and that I am physically fit and have sufficiently trained for competition of this event and that my physical condition has been verified by a licensed medical doctor. Further I grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures or other records of this event for any legal purpose whatsoever. In the event that an Act of God necessitates the cancellation of the race, I understand that the sole responsibility of the race will be to provide a free race T-Shirt at a time and place that will be announced.

Entrant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents Signature \_\_\_\_\_
(if entrant is under 18 years old)

