

5K Run for Lupus

Post Race:
Food, Drinks,
Raffles &
Awards
Ceremony

Saturday, May 7th, 2016, 8:30am

Central Islip High School

85 Wheeler Rd, Central Islip



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

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

T-Shirts guaranteed to the first 400 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 if registered before 4/9/2016
- Registrations made between 4/10/2016 - 5/2/2016 are \$25pp
- Race Day registration is \$30pp
- Registration and packet pick-up begins at 7:15 am - 8:15am
- Questions? call 516-783-3370



Join us after the race for
Central Islip's 7th Annual Health & Wellness
Fair.
Free health Screenings, Yoga, Zumba,
Open Swim & More!




Register online at www.LupusLIQueens.org/5krunforlupus3



5k Run for Lupus Registration Form. Mail check & form to: The Lupus Alliance of LIQ, 2255 Centre Ave, Bellmore, NY 11710



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, 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) _____