



5K Run/Walk

In loving memory of Susan Rockitter
To benefit the Lustgarten Foundation in their search to find a cure for Pancreatic Cancer

Saturday, July 26, 2014

5K Run/ Walk at 8:30 AM

1/2 Mile Fun Run at 8:00 AM

Forest Lake Elementary School, 3100 Beltagh Ave, Wantagh, NY

Entry Fee

5K Run/Walk:

\$20- if postmarked by July 21, 2014

\$25- if postmarked after July 21, 2014 and day of race

Fun Run:

\$6- if postmarked by July 21, 2014

\$8- if postmarked after July 21, 2014 and day of race

Packet Pick-Up

Fri., July 25, 2014: Noon-5:00 PM at The Runners' Edge, 242 Main St, Farmingdale, NY 11735 (Registration also available here)

Sat., July 26, 2014: 7:00 AM-8:15 AM at the race

Amenities

This is a USATF sanctioned race, meaning it will abide by all rules and regulations set by the USATF.

Course

USATF Certified 5K (3.1 mile) course through the completely flat, suburban streets of Wantagh with few turns. Splits every mile and water stop at 1.5 miles.

Top quality dri-fit t-shirts to 1st 200 registrants of the 5K and fun run.

Awards

Awards to top 3 M & F overall, top 3 M & F in 5 year age groups (14 & under through 85 plus), top M & F Wantagh Student and top M & F Wantagh master.

Hundreds of dollars worth of great raffles from local merchants (must be present to win).

Electronic Chip Timing by Just Finish, results will be available online at justfinish.net within 24 hours.

Ribbons to all fun run finishers.

Professionally announced by Terry Bisogno.

Race Director: Justin Rockitter, jkrockitter@gmail.com, 516-512-2767

Great post-race refreshments.

Register online at www.justregister.net, and check out our website www.purpleribbonrun.com

Write check to Lustgarten Foundation and mail to Justin Rockitter, 1844 Denver Rd, Wantagh, NY 11793

First Name _____ Last Name _____ Address _____

Town _____ State _____ Zip Code _____ Phone Number _____

E-mail _____

Date of Birth _____ Age on Race Day _____ Male ___ Female ___ Wantagh Student ___ Fun Run ___ Wantagh Master

T-shirt Size: S ___ M ___ L ___ XL ___ Additional Donation: _____

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, successors and assigns, hereby waive NASSAU COUNTY, USA TRACK & FIELD, THE TOWN OF HEMPSTEAD, THE WANTAGHSCHOOL DISTRICT, JUST FINISH SYSTEMS INC., JUSTIN ROCKITTER, THE LUSTGARTEN FOUNDATION, and all event sponsors, and their agents, employees, successors and assigns for any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event, even if such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and that my physical condition has been verified by a licensed Medical Doctor. If signed by a parent, the parent agrees to release and hold the above-named organizations and individuals harmless of any claims and rights which might otherwise be asserted on behalf of the applicant. Further, I hereby grant permission to Justin Rockitter and the Lustgarten Foundation to use photographs, videos, and any other record of this event for any purpose whatsoever.

Signature _____ Date _____ Parent Signature (if under 18) _____