



Western Beef

2018 PROUD TITLE SPONSOR

**\$1,000 OF PRIZE MONEY TO
TOP 3 FINISHERS IN MALE,
FEMALE, AND WHEELCHAIR!**
DONATED BY MITCH SCHLIMER VENTURES

Sunday, September 2nd, 2018

Starting at Glen Cove High School (150 Dosoris Lane, Glen Cove, NY)

Fun Run Begins @ 8:15am, 5K Begins @ 9:00am

Registration:

- **\$30** Pre-Registered. Application must be received by Friday August 31st.
- **\$35** Race day registration.

¼ Mile Fun Run:

- \$10 for children 10 years of age and under. All entrants will receive a medal and T-Shirt.

Awards:

- Top male and female overall and top wheel chair male and female overall will receive a trophy.
- Quality medals to the top three male and female finishers in each age group: 10 and under, 11-14, 15-19, 20-24, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Baby strollers and Baby joggers ARE permitted on the course. HOWEVER, MUST LINE UP IN THE BACK



USA Track and Field Certified Course and Sanctioned Event

Race Day Time Line:

- **7-8:30 AM:** Check-In, in the Glen Cove HS gym.
- **8:15 AM:** Children Fun Run Begins on Glen Cove HS Track
- **9:00 AM:** 5k Run Begins

Amenities:

- **All pre-registrants will receive a free t-shirt and free entry into our NEW raffle!** There will be plenty of post-race refreshments and snacks. We will also be hosting a 50-50 raffle; the winner will be announced at the end of the race.

Proceeds:

- All money raised will go to the **Nicholas Pedone Foundation**. For more info on the foundation or to REGISTER ONLINE visit:

WWW.FIGHTHARDSMILEBIG.ORG

CUT ALONG THE DOTTED LINES AND MAIL TO THE ADDRESS BELOW

Each Participant must fill out and sign a separate application. Photocopies are acceptable. No application will be accepted without check or signature.

Checks Payable and Mail to: Nicholas Pedone Foundation, P.O.Box 330, Glen Cove, NY 11542. Cash is accepted as well.

Name: _____ Sex: Male _____ Female _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Cell Phone: _____

Wheelchair Participant: Yes _____ No _____ Age: (On Day of Race) _____ 5k _____ Fun Run _____

I know that participating in a run/walk is a potentially hazardous activity. I should not enter and run/walk unless I am medically able to complete the event. I agree to abide by any decisions of a race official relative to my ability to safely complete this run/walk within the designated time limit. I assume all risks associated with participating in this run/walk, including, but not limited to falls, contact with other participants, runners, bikers, horses and other animals, the effects of weather, including heat or cold and precipitation, traffic, and the conditions of the trails and roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless, the race organizer, Glen Cove High School, The City Of Glen Cove, Elite Feats Inc., and all other sponsors and property owners, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race.

Signature: _____ Parent Signature (if under 18 years old) _____