



2017 PROUD TITLE SPONSOR

Sunday, September 10th, 2017

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

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

Registration:

- **\$25** Pre-Registered. Application must be received by Thursday September 7th.
- **\$30** Race day registration.

1/4 Mile Fun Run:

- \$10 for children 10 years of age and under. All children 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 5-year age intervals.

USA Track and Field Certified Course and Sanctioned Event



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

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 drawing with great prizes!** The winners will be announced at the end of the award ceremony.
- There will be plenty of post-race refreshments and snacks.

Proceeds:

- 100% of proceeds will go to the **Nicholas Pedone Foundation**. For more info please 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: _____ 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, Just Finish 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) _____