

ASSEMBLYMAN CURRAN'S RUN FOR HEROES

5K RUN TO RAISE FUNDS FOR LOCAL VFWs AND AMERICAN LEGIONS
ALL PROCEEDS GO TO OUR VETERANS

3rd Annual Assemblyman Curran's Run for Heroes - 5K Run/Walk
TO BENEFIT LOCAL VFWs & AMERICAN LEGIONS
ALL PROCEEDS GO DIRECTLY TO OUR VETERANS

Description: 5K Run/Walk through scenic East Rockaway, rain or shine. Flat and fast course with personalized finish line announcing and computerized chip timing.

When: Saturday, September 15, 2018, at 8:30 am (check-in from 7:15am to 8:15am)

Where: Hewlett Point Park, 130 Hewlett Point Avenue, Bay Park, NY 11518

Entry Fee: Pre- Registration: \$25.00 (must be postmarked before September 1);

Day of Race Registration: \$30.00

Children 14 and under: \$15.00

Make Checks Payable to: Race for Heroes

Mail to: P.O. Box 534, Lynbrook, NY 11563

Register: <http://RunForHeroes5K.itsyourrace.com/>

Contact: Brian Curran

E-mail: RunforHeroes@gmail.com

Amenities: All pre-entered runners will receive commemorative t-shirts. Water and restrooms available at check in. Multiple aid stations available on the course. Computer scoring and results sent out after the race.

Awards: Top three overall male and female and 1st thru 3rd male and female in selected 5 year age groups.

Packet P/U: TBA

PLEASE NO DOGS, NO ROLLER BLADERS, NO SCOOTERS AND NO BICYCLES

ENTRY FORM

Send entry form with check payable to: Race for Heroes

Mail to: P.O. Box 534, Lynbrook, NY 11563

Fee: \$25.00 up to September 1, 2018 -- \$30.00 after September 1, 2018

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip _____

Phone Number: _____ E-Mail: _____

Gender: _____ Age: _____ Date of Birth: _____

(Parent or guardian if under 18 years old) I know that running a road race is a potentially hazardous activity. I should NOT ENTER and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event included but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. In consideration for my entry I do hereby for myself, and anyone entitled to act on my behalf, waive and release the Assemblyman Curran's Run for Heroes, its affiliates and subsidiaries, the Village of East Rockaway, Town of Hempstead, and all sponsors, agents and representatives or assignors for any and all damages sustained and suffered d by my connection with, my association with or entry in the race.

Signature: _____ Date: _____

Race Application