



# W20 Foundation's Team Up 4 Community 5K Run/Walk



Sunday April 24<sup>th</sup>, 2016 ~ 9:00am

**Start & Finish:** Hecksher State Park~ Field 1, 1 Heckscher State Pkwy, East Islip, NY 11730

*Former NY Islander Steve Webb's W20 Foundation is partnering with The John Thiessen Foundation and St. John of God Roller Hockey for our 1<sup>st</sup> Annual Team Up 4 Community 5K Run/ Walk. Please bring a new unwrapped toy to donate.*

**Runners/Walkers:** 5K 9am (Sharp) Rain or Shine~ \$25 Pre-Register, \$30 Day of Race 7am-8am.

**Pre-Race Packet Pick up and Registration:** TBD

**Timing:** Timed by Just Finish Inc.

**Raffles:** Post-race drawing for great prizes

**Awards:** 1<sup>st</sup> Place Male and Female overall

**Quality, Large Medals to the top 3 Finishers in each age group:**

5-7, 8-10, 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, & 70 +

**Amenities:** Top quality, Dri Fit, short sleeve running shirts will be given to the first 300 registrants. Plenty of Post-Race refreshments will be provided

**Rules of Competition:** For the safety of all participants and to satisfy the insurance requirements, baby strollers, baby joggers or animals will not be permitted on the course.

**For more information:** visit [www.TeamUp4Community.org](http://www.TeamUp4Community.org), call 631.392.0397 or email us at [info@w20foundation.org](mailto:info@w20foundation.org)



Register online at [www.TeamUp4Community.org](http://www.TeamUp4Community.org) or make checks payable to W20 Foundation and mail to:  
PO Box 310 Westhampton Beach, NY 11978. You can also Fax your registration to 631.498.0886.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Age (as of 4/24) \_\_\_\_\_ D.O.B \_\_\_\_\_ Gender: M  F  Shirt Size: S  M  L  XL

I know that running a race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to, change in running surfaces, falls, contract with other participants or spectators, the effect of weather, 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. I agree that there are risks involved while participating in this 5K Run/Walk event and all its activities further, by my signature below, I release and discharge The W20 Foundation/Just Finish Inc. Timing, the events sponsors, workers directors, volunteers, Town of Islip, Suffolk County from all actions, damages, suits and demands whatsoever, in law or equity, including, but not limited to the risks of participation and the risks of personal property by theft or otherwise. I am physically fit and have trained for this race/walk. The application warrants that "my physical condition has been verified by a licensed doctor. I give the W20 Foundation permission to take pictures and video of today's event which may include my child/children and my family in them and may be used for promotional use for the foundation. If signed by a parent/guardian, the parent/guardian agrees to release and hold the named organization and persons harmless of any claims, which may be asserted by or on behalf of the entrant.

Signature: X \_\_\_\_\_