

9th Annual

1K Turkey Trot for Kids & 5K Run/Walk for The Park



Sponsored by the Reichert Family



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YOUR HOMETOWN PROUD SUPERMARKET™

and

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Thursday, November 24, 2016

(Rain or shine)

Where:

Nissequogue River State Park Administration Building
799 St. Johnland Rd. • Kings Park, NY 11754 • 516-437-4000

Start time:

8:30 a.m. - 1K Turkey Trot for Kids
9:00 a.m. - 5K Run/Walk in the Park

Check in: 7:00 a.m. -8:30 a.m.

Early Check-In: Wed., Nov. 23rd, 4-7 p.m.

Nissequogue River State Park Administration Building
799 St. Johnland Road, Kings Park, NY 11754

Emcee, DJ and other entertainment for all ages!

5K CASH PRIZES!

MALE & FEMALE

1st Place - \$100

2nd Place - \$75

3rd Place - \$50

Top Male & Female Masters - \$75

5K Awards:

Prizes to the first three finishers in each category.

Categories:

Male & Female - 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

WALKERS, WHEELCHAIRS & BABY STROLLERS WELCOME



5K Registration Info

Pre-Registration by Mail:

\$24 if postmarked by Friday, November 18th.

Pre-Registration Online:

\$24 plus service charge at ourstatepark.com through Tuesday, November 22nd.

Race Day Registration:

\$30 Thursday, November 24th 7am - 8:30am

1K Turkey Trot For Kids (12 and Under)

Registration Information

Entry Fee \$10

Pre-Registration or Day of Race (plus service charge at ourstatepark.com) (Parental Supervision is Mandatory)

All Participants Receive a Ribbon!

New! Cash Prize for best Thanksgiving costume!

Free t-shirt for pre-registered runners only

NRSP Foundation 5K Run/Walk for the Park & 1K Turkey Trot for Kids Registration Form

(Please Print)

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ E-mail _____

Date of Birth _____ Age on Race Day _____ Gender _____

Check One: 5K Run 5K Walk 1K Turkey Trot

Shirt Size: S M L XL XXL

Make check payable to: NRSP Foundation

Send entry form to: Nissequogue River State Park Foundation
P.O. Box 159 • Kings Park, New York 11754



All Proceeds Help to Enhance and Beautify the NRSP.

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my assigns, executors, and administrators, waive and release any and all claims for damages I may have against the Nissequogue River State Park Foundation, and all other sponsors of the 5K Run/Walk for the Park, Long Island Track & Field, The State of New York, The Town of Smithtown, and their employees, agents, representatives, successors and assigns, from 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-mentioned organizations or individuals. I attest and verify that I am physically fit and have trained sufficiently for the competition 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 organization and personnel harmless from and against any claims and rights, which may be asserted on behalf of the entrant. I hereby grant permission to any and all of the foregoing organizations and personnel to use photographs, or any other record of this event for any purpose whatsoever.

Signature _____ Parent Signature (if under 18) _____

Register Online at www.ourstatepark.com

