



5K Run

Presenting Sponsor



for Lupus

Saturday, May 10th, 2014, 8:30am Central Islip High School 85 Wheeler Rd, Central Islip



Come out to run (or walk) and help make a difference in the life of someone with lupus!



3.1 miles, USATF sanctioned, professionally timed by Just Finish, Inc. with the RFID Race Timing Systems, disposable chip timing. **T-Shirts guaranteed to the first 600 runners!**

Awards for Overall Top Male & Female and Top 3 in the following age group categories:

14 and 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 and over.

- **Early bird registration, \$20pp if registered before 4/9/2014**
- Registrations made between 4/10/2014 – 5/8/2014 are \$25pp
- Race Day registration is \$30pp
- Registration and packet pick-up begins at 7:15 am - 8:15am
- Questions? call 516-783-3370



Run for Lupus and you could WIN 2 tickets to anywhere in the continental United States!

Every registered runner will receive 1 free raffle ticket! Additional free raffle tickets can be earned for each \$100 you raise online.



Special thanks to: Sayville Running Club, Schwab's Second Wind, The Runner's Edge, Gubbins Perfect Fit & Lynbrook Runner's Stop.

Register online at www.lupusliques.org/5krunforlupus

5k Run for Lupus Registration Form. Mail check and form to: The Lupus Alliance of LIQ, 2255 Centre Ave, Bellmore, NY 11710

Name: _____ DOB: ____/____/____

Address: _____ Age Day of Race: _____

Phone: _____ E-Mail: _____

Gender: _____ Male _____ Female T-Shirt Size: (circle) small medium large x-large xx-large

I know that running a road race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to falls, contact with other participants or spectators, the effect of weather, including heat and humidity, traffic and conditions of the road, 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 rights and claims for damages I may have against the Lupus Alliance of LIQ, Just Finish Timing Systems, Inc., all race sponsors, the hamlet of Central Islip, the Township of Islip, the police of Suffolk County New York, Central Islip High School, successors and assigns for any and all injuries suffered by me in said event and all claims and liabilities of any kind arising out of my participation in this event though that liability may arise out of the negligence or carelessness on the part of persons named in this waiver. If signed by a parent, the parent agrees to waive, release and hold harmless the above mentioned organizations and individuals from any and all said liabilities, claims and causes of action which may be asserted on behalf of the minor entrant. I attest and verify that I will participate in this event as a foot-race entrant and that I am physically fit and have sufficiently trained for competition of this event and that my physical condition has been verified by a licensed medical doctor. Further I grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures or other records of this event for any legal purpose whatsoever. In the event that an Act of God necessitates the cancellation of the race, I understand that the sole responsibility of the race will be to provide a free race T-Shirt at a time and place that will be announced.

Entrant's Signature: _____ Date: _____

Parents Signature (if entrant is under 18 years old) _____