

Heart of Plainedge 5K & FUN RUN

SATURDAY, April 28, 2018, 9:00 AM SHARP



Proceeds to Benefit: The Plainedge Scholarship and Health and Wellness of the Plainedge Community.

THE 5K RACE/WALK: USTA Certified Course entirely run on the road and professionally timed by Just Finish. The race is guaranteed to start on time, has ¼ mile markers, water stations at the first and second mile and refreshments at the finish. T-Shirt for all participants.

T-shirts guaranteed with registration before April 2nd.

5K RACE REGISTRATION: \$25 for race / walk registration

\$30 Day of race registration for everyone.

FUN RUN: \$10 – Kids only please (12 and under)

RACE DAY TIMES: ALL runners/walkers must check-in between 7:30am- 8:45am at Plainedge High School.

Fun Run will begin at 8:30am.

5K Race/Walk begins ON TIME at 9:00am

AWARDS: 5K Awards go to the Top Male and Top Female Overall and male and female participants in each of the following age groups:

9 & under, 10-15, 16-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66 and over

RAFFLES: All participants will be entered into a raffle with a chance to win donations from local businesses.

Register On-Line at: www.PlainedgeStrong.com



On-Line registration at: **www.PlainedgeStrong.com**

Or you may bring or mail registration form and check or money order made out to "Heart of Plainedge 5K" to:

Plainedge High School 241 Wyngate Dr Massapequa, NY 11758

Attn: Heart of Plainedge 5K



Name _____

Circle One Age Group: 9 & under, 10-15, 16-20, 21-25, 26-30, 31-35,
36-40, 41-45, 46-50, 51-55, 56-60, 61-65, 66 and over

Age on Race Day _____ Date of Birth _____ / _____ / _____ Gender M / F

Address Town State Zip _____

Phone _____

E-mail _____

Shirt Size - Circle one: Adult: S M L XL XXL

ASSUMPTION OF RISK, RELEASE WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT:
In consideration of my participating in the 2018 Heart of Plainedge 5K & Fun Run, I represent that I understand the nature of the event and that I am qualified, in good health, and in proper physical condition to participate in such event. I fully understand the event involves risks of serious bodily injury, permanent disability or death which may be caused by 1) my own actions, 2) those actions of others – including "Releasees", 3) the event conditions or 4) risks not known to me at this time. I fully accept and assume all such risk and all responsibility for losses, costs, and damages I may incur as a result of participation in this event. I hereby release, discharge, and agree not to sue Plainedge School, Town of Oysterbay, The Plainedge PTA, their respective directors, officers, agents, volunteers, other participants, employees, sponsors, advertisers, and landowners (all considered "Releasees") from all liability, claims, demands, losses, or damages I may incur as a result of participation in this event, whether cause in whole or in part by the negligence of the Releasees, including negligent rescue operations. I further agree to indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost (including reasonable attorney's fees) which they may incur as a result of anyone making a claim on my behalf. I understand that if one part of this agreement is invalid, all other parts will remain valid to the extent of the law. I have read this unconditional Agreement, and I fully understand it and the rights I've waived by signing it voluntarily.

Printed name of participant Date _____

Signature of participant _____

Participants under the age of 18 must receive parent/guardian permission to participate.

Printed name of parent or guardian Date _____

Signature of parent or guardian _____