

Port Washington Thanksgiving Day 5 Mile Run, November 28, 2019

Complete and mail this portion of the registration. Registrations received after 11/25/19 can't be processed by the office. See application form for in-person registration information. **If you want an email confirmation of this registration, you must provide a legible & valid email address.**

First name

Last name

Gender: Male Female

MALE

FEMALE

Age on race day. This is NOT optional

Check if wheelchair

Entry fee/charitable donation

Street address

Donation to the Community Chest (optional)

City, state, zip

Adults \$ 35

Phone

Age 9-21 \$25

Email

Wheelchair \$25

Shirt size

YOUTH L ADULT S ADULT M ADULT L ADULT XL

TOTAL \$

Please fill out entry blank, read the following statement and sign below. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my executors and administrators acknowledge and agree that I am voluntarily and knowingly assuming all risks and injuries which are inherent in or which may arise from my voluntary participation in this event. I further hereby knowingly and voluntarily waive and release any and all rights and claims for damages that I have or may ever have against the Community Chest of Port Washington, the Port Washington, Sands Point and Nassau County Police Departments, the Port Washington Fire Department, the County of Nassau, the Town of North Hempstead, Finish Line Road Race Technicians, Inc., the Villages of Manorhaven, Sands Point, Baxter Estates and Port Washington North, all event sponsors, officers, agents and employees of all of the above for all injuries or damages suffered by me arising from or caused by my participation in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and that a licensed Medical Doctor has verified my physical condition. Further, I hereby grant permission to use, and release said rights to any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever and understand that I will receive no compensation of any form in connection therewith.

Signature

Date

If you are under 18, a parent or guardian must sign for you.

Mail or Walk-In

Deadline: Form & payment MUST BE in the Community Chest office by Monday, November 25, 2019 at 3pm

Fees: Adult: \$35; Ages 9 – 21 \$25

Complete this entry form (making sure to SIGN the release). Mail it or bring it (10am-4pm Monday to Friday) with your check (payable to the Community Chest of Port Washington) to:

Community Chest of Port Washington
382 Main Street, Ste 105
Port Washington, NY 11050

Provide a valid & legible e-mail address to receive an e-mail confirmation that your entry was received.

On-line

Deadline: Monday, November 25, 2019 (11pm)

Fees: Adult \$35*; Ages 9 – 21 \$25*

Visit www.portchest.org and click on the link to register online at RunSignUp.com (*a processing fee is charged by RunSignUp per entry). If you are under 18 your parent/guardian must register for you.

In-Person during Packet Pick Up

NOTE: Automated kiosks are utilized for registration at packet pick up. You do not have to fill in this form as all info will be input at Kiosk. However, have ALL info with you. Higher fees apply during ALL packet pick up days and times.

	11/26 (Tue)**	11/27 (Wed)**	11/28 (race day)**
	5-8 PM	5-8 PM	7-8 AM
Adults	\$50	\$50	\$60
Ages 9-21	\$25	\$25	\$35

**No registrations will be accepted after 8 AM on 11/28/19, or once we reach 3,500 participants.

IMPORTANT: PLEASE READ

- Once we reach the 3,500 cap, we are required to close registration.
- Fee is non-refundable and non-transferable.
- The run is held in ALL weather and is not cancelled unless the police close the roads. In the unlikely event of a cancellation, the run will NOT be rescheduled.
- Minimum age is 9. CHILDREN UNDER 11 must be accompanied by an adult.
- For the safety of all, BABY STROLLERS, SKATEBOARDS, BICYCLES and DOGS are NOT permitted.
- Awards are based on GUN time. Line up near the front if you are competing for an award.
- Participants MUST line up at the appropriate pace sign. For safety reasons, walkers MAY NOT line up in the front.

Race Packet Pick Up

Race Packet includes T-shirt & Race Bib.

Port Washington Senior Citizens Center 80 Manorhaven Blvd. Port Washington NY		
Tuesday	Wednesday	Thursday
11/26	11/27	11/28
5 – 8 PM	5- 8 PM	7 – 8:25 AM

Award Categories

At race end, awards based on GUN TIME are given to the top three athletes overall, male/female in each age group & wheelchair. Age groups: 9-12, 13-15, 16-19 and 5-year age breaks to 79, 80+.

Timing and Results

Race bibs have an embedded timing chip. Timing and place based on chip time is calculated by Finish Line Road Race Technicians (FLRRT) and posted at the finish line and at www.FLRRT.com.

T-shirts

All registrants will receive a T-shirt. We make every attempt to provide the size selected when registering but cannot guarantee that all sizes will be available.

Directions to the Start:

Manorhaven Blvd, Port Washington
From the Long Island Expressway, Exit 36: Go north approximately 4 miles to Main St., Port Washington. Turn left. Take Main St. to Shore Rd. Turn right. Take Shore Road to Manorhaven Blvd. Turn left. Start is adjacent to Manorhaven Park, approximately ¼ mile on left at Dunwood Road.

Parking

Participants are urged to carpool, arrive early and park in Soundview Marketplace (on Shore Road) or Sousa & Manorhaven elementary school parking lots where there is free parking. Due to construction Manorhaven Park parking lot will NOT be open to participant traffic in 2019. Local roads close at 8AM.

Food Pantry Donations

At race packet pick up participants are encouraged to donate items and gift cards to the *Our Lady of Fatima* food pantry. Preferred items include cereal, cooking oil, canned fruit, pasta & sauce, rice, beans and canned tuna. Expired items will be thrown out on site. Local area grocery store gift cards or prepaid credit cards are suggested and greatly appreciated!

The Community Chest of Port Washington

All proceeds from the Port Washington Thanksgiving Day 5 Mile Run go to the Community Chest of Port Washington, a 501 (c) (3) charitable organization dedicated to improving the lives of Port Washington residents. Race fees & contributions are fully deductible to the extent provided by law. To learn more about the Community Chest and the charities it supports, contact info@portchest.org, (516)767-2121, visit www.portchest.org or become a friend on Facebook.




Community Chest of Port Washington
382 Main Street, Ste. 105
Port Washington, NY 11050



Help a Neighbor in Need!

In the spirit of giving thanks, please bring donations for the **Our Lady of Fatima Food Pantry** to race packet pick up. Preferred items include unexpired cereal, cooking oil, canned fruit, pasta & sauce, rice, beans, and canned tuna. Local area grocery store gift cards or prepaid credit cards are suggested and greatly appreciated.



Feeding the Community

Or Current Resident

THE
COMMUNITY
CHEST OF
PORT
WASHINGTON



& THE
TOWN OF
NORTH
HEMPSTEAD
Co-PRESENT

44th ANNUAL PORT WASHINGTON THANKSGIVING DAY 5 MILE RUN

Sanctioned & Certified by USATF

Benefiting The
Community Chest
of Port Washington

Thanksgiving Day
Thurs., Nov. 28, 2019 8:30AM
Start: Manorhaven Boulevard
Port Washington, NY
(Adjacent to Manorhaven Park,
at Dunwood Road)