

Registration Form  
 Port Washington Thanksgiving Day 5 Mile Run, November 23, 2023  
 Complete and mail this portion of the registration. Registrations received after 11/20/23 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:  Check if wheelchair

Gender:  MALE  FEMALE  Age on race day. This is NOT optional

Street address:  YOUTH L  ADULT S  ADULT M  ADULT XL

City, state, zip:  Entry fee/charitable donation \$

Phone:  Adults \$ 40

Email:  Age 9-21 \$25

Shirt size:  Wheelchair \$25

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 or 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. I agree to abide by all COVID-19 safety precautions mandated by NYS or Nassau County. 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 20, 2023, at 3pm**

Fees: Adult: \$40; Ages 9 - 21 \$25  
 Complete this entry form (**making sure to SIGN the release**). Mail it or bring it (10am-3pm 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 20, 2023 (11pm)**

Fees: Adult \$40\*; Ages 9 - 21 \$25\*

Visit [www.portchest.org](http://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.

	11/21 (Tue)**	11/22 (Wed)**	11/23 (raceday)*
	5-8 PM	5-8 PM	7-8 AM
<b>Adults</b>	\$50	\$50	\$60
<b>Ages 9-21</b>	\$25	\$25	\$35

\*\*No registrations will be accepted after 8 AM on 11/23/23, 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 Adult Activities Center 80 Manorhaven Blvd. Port Washington NY		
Tuesday	Wednesday	Thursday
11/21	11/22	11/23
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](http://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 1/4 mile on left at Dunwood Road.

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## 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. Local roads close at 8AM.

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## Food Pantry Donations

At race packet pick up participants are encouraged to donate items & 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 & greatly appreciated!

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## 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](mailto:info@portchest.org), (516)767-2121, visit [www.portchest.org](http://www.portchest.org) or become a friend on Facebook.

THE  
COMMUNITY  
CHEST OF  
PORT  
WASHINGTON



& THE  
TOWN OF  
NORTH  
HEMPSTEAD  
*Co-PRESENT*

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# 48<sup>th</sup> ANNUAL PORT WASHINGTON THANKSGIVING DAY 5 MILE RUN

Sanctioned & Certified by USATF

Benefiting The  
Community Chest  
of Port Washington

Thanksgiving Day  
Thurs., Nov. 23, 2023 8:30AM  
Start: Manorhaven Boulevard  
Port Washington, NY  
(Adjacent to Manorhaven Park,  
at Dunwood Road)