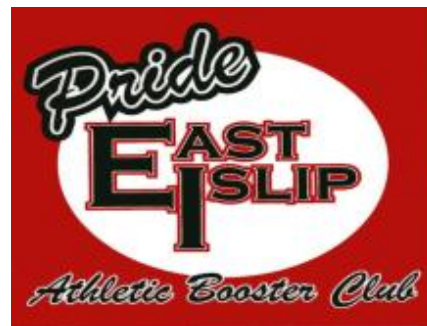


# Redmen 5K Run/Walk

## November 5, 2017



**Race Start:** 9:00am  
 Heckscher State Park, East Islip  
 Parking Field 1  
 Parking fee charged after 8:00am

**Timing by:** Just Finish Inc.

**Fees:** \$25 Pre-registration (by 10/16)  
 \$15 East Islip Students  
 \$30 late registration (starts 10/17)  
 Registration by mail-in form or  
 online at [www.justregister.net](http://www.justregister.net)

Long Sleeved Shirts to all pre-registered participants

**Awards:** 1st, 2nd, 3rd place Male & Female  
 for each age category

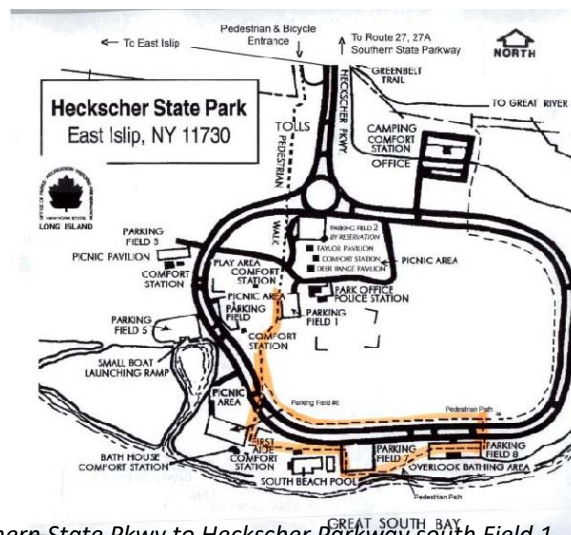
**Check in:** 7:30am to 8:30am day of race  
 Packet Pickup for all pre-registered  
 participants and Late Registration  
 Field #1

Kids Fun Run starts at 8:30am

**Course:** USATF Certified Course  
 Flat scenic course along fitness trail  
 Walkers welcome!

Thank you to all our  
 Sponsors!

*Proceeds from the Redmen 5K Run/Walk help fund  
 scholarships for EIHS graduating student athletes to  
 help fund their college goals.*



*Southern State Pkwy to Heckscher Parkway south Field 1*

**East Islip Redmen 5K on November 5, 2017, Mail to East Islip Athletic Booster Club, P.O. Box 398, East Islip, NY 11730**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Sex (check one) Male \_\_\_\_\_ Female \_\_\_\_\_  
 Age on Race date \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ EI Student? Yes No Grade \_\_\_\_\_  
 Address: \_\_\_\_\_ Town: \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_  
 Phone # \_\_\_\_\_ e-mail address \_\_\_\_\_

Waiver: I, the undersigned intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release and hold harmless the EIABC, its volunteers, Justfinish.net, USATF, NYS Parks and all race organizers for any and all liabilities, claims, demands and causes of action arising directly or indirectly from my participation in this event, even if any such liabilities, claims, demands and causes of action arise in whole or in part out of negligence or any of the above mentioned organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion 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 organizations and personnel harmless of the claims and rights which may be assigned on behalf of the entrant. Furthermore, I hereby grant permission to any and all of the foregoing to use photographs and videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 If under 18 years old, signature of parent or guardian is required

Fee: \$25 by 10/16      \$15 for students      \$30 late registration starts 10/17      AMOUNT ENCLOSED: \_\_\_\_\_

Participant shirt size for long sleeved t-shirts – adult sizes (circle one)      Small      Medium      Large      Extra- Large  
 Pre-registered (by 10/16) participants receive t-shirts at packet pick up or day of race. Late registrations receive t-shirts while supplies last.