



Strides for Students 5K Run/Walk

Benefitting

John Theissen Children's Foundation Back to School Program

Post-race drawing for dozens of great prizes! Including Concert and Sporting Event tickets, Hotel Getaways, XBOX 360 Game System and MUCH More!!! (All drawing entries included with Registration fee)

Fast, flat and straight course through Historic Levittown.

Saturday, May 22, 2010 • 9AM Start

Gerald R. Claps Career and Technical Center

Start & Finish

150 Abbey Lane, Levittown, NY 11756

Entry Fees: Register by phone, mail or online:
www.flrrt.com or www.active.com

RUNNERS/WALKERS:
\$20 Pre-register postmarked by May 17, 2010
\$25 Day of race (7am to 8:30 am)

STUDENT FEE:
(Elementary \$15 Pre-register postmarked by May 17, 2010 through \$20 Day of race High School)

Fun Run 1/2 mile
\$7 day of race (starts at 8:30 sharp)
(children 10 & under) Awards to all fun run entrants.

No Entry fee if you pledge \$100 or more through sponsorships.
Download a Pledge Form at www.JTCF.org or call 516-679-5089
Pledges of \$100 or more are entered into a drawing to win a one week stay in an oceanfront condo in Fort Lauderdale, FL.

AMENITIES: Top quality short sleeve T-shirt to all 5K entrants.
Plenty of post race refreshments.

TIMING: Timed and measured by Finish Line Road Race Technicians www.flrrt.com.

AWARDS - Top overall Male and Female
5 Deep in Each Age Group:
Medals to top five in each Male and Female Age Groups
14 & 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, 75-79, 80 plus

Directions:
From Southern State Parkway: Take exit 28N to the first traffic light make a left on to Old Jerusalem Rd. Proceed to Gardiners Avenue and make a right. Proceed approximately one mile and make a right onto Reed Lane. Then make a right onto Abbey and proceed to Gerald R. Claps Career and Technical Center on your right.
From Hempstead Turnpike: Go to Gardiners Avenue and head south. Go approximately half a mile to Reed Lane and make a left. Then make a right onto Abbey and proceed to Gerald R. Claps Career and Technical Center on your right.

Rules of Competition:
For the safety of all participants and to satisfy insurance requirements, no skates, baby strollers, baby joggers, or animals permitted on course.

Please visit www.jtcf.org for more information, or contact our office at 516-679-5098 or email John@jtcf.org

Register online at www.flrrt.com www.active.com or Please Make Checks Payable to: JTCF Mail to: 1881 Wantagh Ave., Wantagh, NY 11793 or Fax to 516-679-3338

First Name: _____ Last Name: _____

Address _____ Town _____ State _____ Zip _____

Phone _____ Email _____

Age (as of 5/22/10) _____ D.O.B. ____/____/____ Gender M F T-Shirt Size S Med Lg X-Lg

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 change in running surfaces, falls, contact with other participants or spectators, the effect of weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry. I agree that there are risks involved while participating in today's 5K run/walk event and all its activities further, by my signature below, I release and discharge JTCF, Levittown Public Schools, Finish Line Road Race Technicians and their representatives, the events sponsors, workers, directors, volunteers, Town of Hempstead and Nassau County from all actions, damages, suits and demands whatsoever, in law or equity, including, but not limited to the risk of participation and the risks of personal property by theft or otherwise.

I am physically fit and have trained for this race/walk. The application warrants that "my physical condition has been verified by a licensed medical doctor. I give JTCF permission to take pictures and video of today's event which may include myself, my child/children and my family and may be used for promotional use for the foundation. If signed by a parent/guardian, the parent/guardian agrees to release and hold the named organization and person harmless of any claims which may be asserted by or on behalf of the entrant.



Pledge form on back