



Arrows for Charity

5K Walk/Run



MARCH 24, 2012

Accepting Donations: Food and Personal Hygiene Products to go to local food banks*

USATF-LONG ISLAND

5-KILOMETER RUN AND WALK

T-SHIRTS TO ALL WHO PRE-REGISTER BY MARCH 10

WATER STOP AT 1.5 MILE MARK - REFRESHMENTS AT THE FINISH

TROPHIES awarded in the 5K RUN to overall top 3 Male & Female

MEDALS awarded in the 5K RUN to top 3 Male & Female in age groups

Timing provided by **TRI and DU IT MULTISPORT** using AMB ChipX system

DIRECTIONS Wantagh Park is 1/10th of a mile west of Wantagh parkway off exit W6 Merrick Road/Route 27A. Turn south onto Woodland Avenue and bear left onto King Road. Go 1/2 mile into park. *Please carpool.*

REGISTRATION Fees: \$20 until March 10th After March 10th: \$25

\$25 on Race Day!
(Race capped at 400 participants)



CHECK-IN On Monday **March 19th** and Tuesday **March 20th** a special pre-race packet pick up will be available at the Theodore Roosevelt Council office at 544 Broadway, Massapequa from 1:00pm to 5pm. On Saturday **March 24th** pick up numbers and T-Shirts at the FINISH area in Wantagh Park before 8:30 am.

COURSE: Flat and fast on the paved trail through Wantagh Park. Certified 5K course. **START** and **FINISH** in the park.
START TIME: 9:00am (both Walk & Run)

AWARDS: Trophies to Top three overall male and female runners in 5K Run. Medals to all other top three in age groups.
5-Year Age Groups! * (2 groups w/4-year age group)
Top three male and female runners in the following age divisions of the 5Kilometer Run: 5-7, 8-11*, 12-15*, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 & 90 plus. No duplication of awards!

***PLEASE, PLEASE BRING! : NON-PERISHABLE FOOD ITEMS, PERSONAL HYGIENE PRODUCTS; TOOTHPASTE, DEODORANT, SOAP, SHAMPOO, ETC., AND NEW, UNUSED TOWELS, SOCKS, UNDERWEAR, UNDERSHIRTS. ALL ITEMS ACCEPTED FOR DONATIONS GO TO ISLAND HARVEST AND INTERFAITH NUTRITIONAL NETWORK.**

Optional patch commemorating this event is an additional \$5.00 (see form below)

“ARROWS FOR CHARITY” c/o DIO, 44 SYCAMORE ST., MASSAPEQUA, NY 11758

ArrowsforCharity@yahoo.com

-----<Cut here>-----

Arrows For Charity 5K Walk/Run March 24, 2011 @9:00am

Name:	SHIRT (circle one size please) YM YL S M L XL XXL
Address:	PATCH: ADD \$ 5.00 to registration fee (ie, \$25.00)
Town: State: Zip code:	Pack/Troop/Unit #/Team Affiliation
Age: (as of race day) Female Male	USATF #:
Please mail the completed entry form with your check or money order made payable to the: Theodore Roosevelt Council, BSA Mail to “ARROWS FOR CHARITY” c/o DIO, 44 SYCAMORE ST., MASSAPEQUA, NY 11758	
In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Arrows For Charity, the Order of the Arrow, the Buckskin Lodge 412, the Theodore Roosevelt Council, the Boy Scouts of America, the Wantagh Fire Department, the Town of Hempstead, the County of Nassau, USATF-Long Island, Tri & Du It Multisports, any and all sponsors associated with this event, for any and all injuries suffered by me in this event. Wantagh Park reserves the right to cancel the event in case of incimate weather for safety reasons. No refunds. I attest that I am physically fit and sufficiently trained for this competition.	
Signature:	Parent’s Signature (if under age 18)