



Miles for Matt Foundation Celebrate Life X 5K Run/Walk Saturday, June 3, 2023

8:30 am

Cedar Creek Park

Merrick Road east of Wantagh Avenue, Seaford, NY

Post Race Ceremony, Refreshments

COURSE: 5K (3.1 miles) course inside Cedar Creek Park, 3340 Merrick Road, Seaford **AT 8:30 AM. Please note that the road closes for the safety of participants. Plan to be there by 8am**
Packet Pick-up: Race Day at Cedar Creek Park from 6:45 am—8:15 am

Prize for OA 1st Place Male and Female winners! 1st \$175, 2nd \$100 and 3rd \$50 -Must run in person

AWARD CATEGORIES: Top 3 overall male and female; Top 3 Finishers Male/Female as follows:

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+

Each Participant must fill out an Entry Form. To register additional participants, please duplicate this form.

MAIL IN REGISTRATION

Name: _____ Birthdate: ____/____/____

Company: _____

Address: _____

City/State/Zip: _____ Phone: _____

_____ Race Day Age: _____

Email: _____

PLEASE CHECK:

5K Run/Walk ☐ Male ☐ Female

I am unable to participate, however I would like to make a donation of \$_____.

ENTRY FEE: (If registered by 6/01/2023)

\$30 - 5K Run/Walk

\$15 - 5K Run/Walk (student - grades 12 & under)

LATE & RACE DAY ENTRY FEE: (If registered 6/02– 6/03/2023)

\$35 - 5K Run/Walk

\$20 - 5K Run/Walk (student - grades 12 & under)

T-SHIRTS PROVIDED TO PARTICIPANTS WHILE SUPPLIES LAST!

Can't make it in person? Please consider running the Celebrate Life 5K Virtual Run. Submit results by 6.26.2023.

Please circle t-shirt size:

S M L XL -

TOTAL ENCLOSED: \$ _____

MAKE CHECKS PAYABLE TO: MILES FOR MATT FOUNDATION

I hereby waive and release any and all rights and claims I may have against the Miles for Matt Foundation, Nassau County Department of Parks and Recreation, and the race Sponsors for damages which I may have arising out of this event. I am physically fit and have trained for this race. The applicant warrants that "my physical condition has been verified by a licensed medical doctor." "Further, I hereby grant full permission to any and all of the foregoing to use any pictures, or any record of this event for any purpose whatsoever."

If signed by a parent, the parent agrees to release and hold the above named organizations and persons harmless of any claims which may be asserted by or on behalf of the entrant. Cedar Creek Park and Miles for Matt Foundation reserves the right to cancel this event in the case of inclement weather for safety concerns. No refunds.

SIGNATURE _____

DATE _____

Signature of parent or guardian if under 18 years old _____ DATE _____

Questions?

Email: miles4matt@aol.com

Call: 631-662-5415

Mail Application to:

Miles for Matt Foundation

Att: Lynn Scarpati

P.O. Box 20117

Huntington Station, NY 11746

Register online at:

<https://runsignup.com/Race/NY/Seaford/CelebrateLife5K>



