



John Theissen Children's Foundation

Freaky 5K.



Fast and Flat Course!

Sunday, October 29, 2023 8:30 AM Start

The same start & finish area as in the past, in the Town of Hempstead parking lot behind 1869 Wantagh Avenue, Wantagh, NY

ENTRY FEE:

Register online at runsignup.com or mail to: JTCF 1492 Wantagh Avenue, Wantagh NY 11793

RUNNERS/WALKERS: same price as always

\$20 Pre-register by October 28, 2023

\$25 Day of race 6:00AM to 8:00AM

FUN RUN: 1/4 Mile Trick or Treat Trot (8.00 AM sharp)

\$10 for children 10 and under, all entrants receive a medal, goody bag and a long sleeve tee shirt.

*** New location for pick up prior to race day**

Pre-race packet pick up and registration Friday 10/28 from 10AM—9PM and Saturday 10/29 from 8AM to 3PM at 1492 Wantagh Avenue, Wantagh, NY 11793 & **Day of event starting at 6.30am at start and finish area located behind 1869 Wantagh Ave, Wantagh**

TIMING by PR TIMING Finish Line Provided & Set up by: Race Awesome

Post-race drawing for dozens of great prizes including: tickets to concerts, sporting events, electronics, game systems and much more!!! (Your entry into raffle is included with your registration)

AWARDS:

Cash Prizes and Running awards: Male and Female overall \$100 for first place, \$75 for second and \$50 for Third. Top Overall Male and Female Masters **\$50 each**
Course **Bonuses: \$50 for the** Top Male under 16 minutes and Top Female under 16 minutes

Wheelchair Division: Top Overall

Up to 5-year age groups, top 5 in each age group.

Quality medals to the top five finishers in each age group:

10 & under 11-13, 14-16, 17-19, 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!

COSTUME AWARDS Dress up in your Halloween costume to win prizes awarded in three categories, adults 18 and older, children 9 and under & 10-17 years old.

AMENITIES:

Top quality, long sleeve shirts will be given to the first 700 registrants. Plenty of post-race refreshments will be provided. **RACE DIRECTOR. John Theissen**
This race is directed by a runner. It will be organized as a race should be; on time, on an accurate course, with quality awards and you won't have to wait around all day for awards and raffle prizes.

Please visit www.jtcf.org for more information c o n t a c t our office at 516-679-5098 or email john@jtcf.org.

Register online at runsignup.com or make checks payable to JTCF and mail to 1492 Wantagh Ave., Wantagh, NY 11793

First Name _____ Last Name _____

Address _____ Town _____ State _____ Zip _____

Phone _____ Email _____

Age (as of 10/29) _____ D.O.B. _____ Gender: M F Shirt Size: S M L XL XXL Youth S M L

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, the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all 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 John Theissen Children's Foundation DBA/ JTCF: the events sponsors, workers directors, volunteers Town of

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 my child/children and my family in them 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 persons harmless of any claims, which may be asserted by or on behalf of the entrant.

Signature: X _____ If under 18 please, parent or guardian must sign