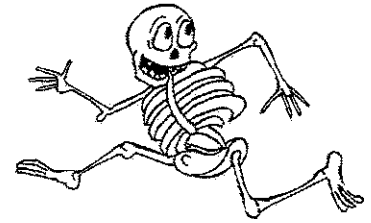


# John Theissen Children's Foundation

## Freaky 5K.



Fast and Flat Course!

### Sunday, October 25, 2026 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](http://runsignup.com) or mail to: JTCF 1492 Wantagh Avenue, Wantagh NY 11793

**RUNNERS/WALKERS:**

\$25 Pre-register by October 24, 2026  
\$30 Day of race 6:30AM 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.

**\*Pre-race packet pick up location at 1492 Wantagh Ave, Wantagh for Friday 10/23 and Saturday 10/24 only**

**\*Day of event starting at 6:30am at start and finish area located behind 1869 Wantagh Ave, Wantagh**

Pre-race packet pick up and registration Friday 10/23 from 10AM—9PM and Saturday 10/24 from 8AM to 4PM at 1492 Wantagh Avenue, Wantagh, NY 11793

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 18 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](http://www.jtcf.org) for more information c o n t a c t our office at 516-679-5098 or email [john@jtcf.org](mailto:john@jtcf.org)

Register online at [runsignup.com](http://runsignup.com) or make checks payable to JTCF and mail to 1492 Wantagh Ave., Wantagh, NY 11793

First Name \_\_\_\_\_ LastName \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Age (as of 10/25) \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender: M F Shirt Size: S M L XL XXL Youth S M L (please indicate youth or adult size)

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 5Krun/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