

We hope you are looking forward to a great run at the Belmont Stakes 5K Run or Walk for National Cancer Survivors Day this Sunday, June 3rd start time 7:15 pm. A course map is attached. We wanted to let you know a few things before the race to make it an enjoyable experience.

1) Packet pick up will only be available on race day at Belmont Racetrack, 2150 Hempstead Turnpike, Elmont from 5:30pm to 7:00 pm at the east end of the Grandstand. Online registration will close on Saturday, June 2nd at 5:00pm so if you have friends or family that want to participate they can still sign up. Registration will also be available day of race at packet pick up for \$30.

2) Race parking is available in the red lot which is accessible from Hempstead Turnpike. If traveling east, turn right into Gate 14 and go under Hempstead Turnpike. If traveling west turn right into Gate 5 and proceed straight to the red lot. Please follow "Special Event" signs.

3) There will be FREE screenings available for prostate, blood pressure, eyes and blood sugar. Please take advantage of these screenings!

4) Come early to enjoy a full day of thoroughbred racing as all preregistered runners and walkers get free admission to the day's races. Your name will be on a list to gain entry.

5) If you are a Cancer Survivor, there will be a separate table for bib pickup so please look for a sign. You are also invited to the Winners Circle for a special ceremony at 5:45pm after the last horse race of the day which is dedicated to cancer survivors.

Additional Amenities:

Outstanding post race refreshments

Giant post race door prize drawing including a grand prize of a "Day at the Races" for two - free admission, parking, and lunch in the world famous Garden Terrace Dining Room on the fourth floor of the Belmont Park Clubhouse.

FREE race photos on Facebook at Long Island Running Photos

FREE pre and post-race ART soft tissue treatment courtesy of Jonas Chiropractic Sports Injury Care.

THINGS TO REMEMBER:

1. Make sure your bib number is visible on the front of your body throughout the event.
2. Obey all traffic rules while on the course, and if there are cones on the road, you must stay inside of them.
3. Be friendly and courteous to other runners and be sure to thank the volunteers and police!
4. Most importantly HAVE FUN!