



May the Road Rise to Meet Ye 4 Miler

Saturday, March 27th, 2010 - 10:50 a.m.

St. Patrick's Day Parade -11:00 a.m.

Eligibility

Open to runners and joggers of all ages.

4 Mile Course

The Run starts on Main Street in Patchogue goes through a quiet residential neighborhood and finishes on Jennings Avenue (near the Firehouse).

Race timed by **Just in Time Racing, USA Track & Field Certified.**

1/2 Mile Kids' Fun Run

Children 9 and under are invited to participate in our 1/2 Fun Run at 10:45 a.m. \$10.00 entry fee. All Fun Run finishers receive an award ribbon and T-shirt.

Registration

Pre-registration is \$20.00 if postmarked by March 20, 2010

Day of race registration is \$25.00

****First 300 registered participants receive a commemorative T-shirt.****

Make checks payable to:

Patchogue Kiwanis

P.O. Box 605

Patchogue, NY 11772

For more information contact Nick Harding at (516) 220-8574

Check-In

Behind Finest Fitness located at 208 East Main Street, Patchogue between 9:00 a.m. and 10:15 a.m.

Awards

1st Male & Female overall: \$100,

Most Irish looking: \$100,

Top Law Enforcement Officer,

Plus, top 3 Male & Female in the following categories: 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 & over, plus, 1st place Male & Female will receive a Gift Certificate from a local pub/restaurant.

Directions

From East or West: Take Sunrise Highway to Exit 53 (Route 112), take Route 112 southbound, make a right at the end of the road onto Montauk Highway, go less than a quarter of a mile and Finest Fitness will be on the left-hand side, make a left onto Rider Avenue, and a right into parking lot.

Where did you hear about this race? _____ T-Shirt Size (S, M, L, XL) _____

Name _____ Age on day of race _____ Sex _____ Birth Date _____

Address _____ Town _____ State _____ Zip _____

Phone _____ E-Mail Address _____

Athlete's Release:

In consideration of the acceptance of 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 all race sponsors including the Town of Brookhaven, Village of Patchogue, Patchogue Kiwanis, and Just in Time Racing, along and their representatives, successors and assigns, for any and all injuries suffered by me in said event. I hereby verify that I am physically fit and have sufficiently trained for the competition of this event and my condition has been verified by a licensed Medical Doctor, and further, I understand the risks of running this event. I grant permission to the Riverhead Foundation to use photos that may be taken of me at the event for promoting future events. If signed by parent or legal guardian, such person agrees to release and hold the above named organizations and persons harmless of any claims and/or rights which may be asserted of the entrant

Signature _____ (If under 18, signature of Parent or Guardian)