



5K Run/ Walk

In loving memory of Susan Rockitter

To benefit the Lustgarten Foundation in their search to find a cure for Pancreatic Cancer

Saturday, July 27, 2019

5K Run/ Walk at 8:30 AM

1/2 Mile Fun Run at 8:00 AM

Forest Lake Elementary School, 3100 Beltagh Ave, Wantagh, NY

**Entry Fee**

5K Run/Walk:

\$25- if postmarked by July 20, 2019

\$30- if postmarked after July 20, 2019 and day of race

Fun Run:

\$6- if postmarked by July 20, 2019

\$8- if postmarked after July 20, 2019 and day of race

**Course**

USATF Certified 5K (3.1 mile) course through the completely flat, suburban streets of Wantagh with few turns. Splits every mile and water stop at 1.5 miles.

**Awards**

Awards to top 3 M & F overall, top 3 M & F in 5 year age groups (14 & under through 80 plus), top M & F Wantagh Student and top M & F Wantagh Master.

Medals to all fun run finishers.

**Race Director:** Justin Rockitter, jkrockitter@gmail.com, 516-512-2767

**Register online at [www.purpleribbonrun.com](http://www.purpleribbonrun.com) and check out our Facebook page for updates!**

Write check to Lustgarten Foundation and mail to Justin Rockitter, 1844 Denver Rd, Wantagh, NY 11793

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone Number \_\_\_\_\_

E-mail \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Male \_\_\_ Female \_\_\_ Wantagh Student \_\_\_ Fun Run \_\_\_ Wantagh Master

T-shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ How did you find out about this race? \_\_\_\_\_ Additional Donation: \_\_\_\_\_

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, successors and assigns, hereby waive NASSAU COUNTY, USA TRACK & FIELD, THE TOWN OF HEMPSTEAD, THE WANTAGHSCHOOL DISTRICT, JUST FINISH SYSTEMS INC., JUSTIN ROCKITTER, THE LUSTGARTEN FOUNDATION, and all event sponsors, and their agents, employees, successors and assigns for any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event, even if such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and that my physical condition has been verified by a licensed Medical Doctor. If signed by a parent, the parent agrees to release and hold the above-named organizations and individuals harmless of any claims and rights which might otherwise be asserted on behalf of the applicant. Further, I hereby grant permission to Justin Rockitter and the Lustgarten Foundation to use photographs, videos, and any other record of this event for any purpose whatsoever.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent Signature (If under 18) \_\_\_\_\_

**Packet Pick-Up**

Fri., July 26, 2019: 1:00PM-5:00 PM at The Runners' Edge, 242 Main St, Farmingdale, NY 11735 (Registration also available here)

Sat., July 27, 2019: 7:00 AM-8:15 AM at the race

**Amenities**

This is a USATF sanctioned race, meaning it will abide by all rules and regulations set by the USATF.

Top quality dri-fit t-shirts to all registrants of the 5K.

Hundreds of dollars worth of great raffles from local merchants (must be present to win).

Electronic Chip Timing by Just Finish, results will be available online at justfinish.net within 24 hours.

Professionally announced by Terry Bisogno.

Great post-race refreshments including bagels, pastries, apples, brownies, cookies, etc.