



26th Annual
INWOOD 5K RUN
Sunday, October 13, 2019

5K Race & Fun Run Start at 9:00 a.m.
Children's "Pumpkin Tot-Trot" (ages 1-6) Starts at 9:45 a.m.

START/FINISH: Inwood Park, end of Bayview Ave. (SW corner of Nassau County), **Inwood, NY.**

ENTRY FEE: \$25 Pre-Registered (until Oct. 12). 80 yrs + is **FREE!!**
 \$30 Day of Race (The Children's "Pumpkin Tot-Trot" age 1-6 is also **FREE**).

CHECK-IN: T-Shirt & Race # pick-up is **Sat., Oct. 12, 6-8 p.m.** at **5 Towns CrossFit**
 430C Doughty Blvd., Inwood or day of race from 7:45-8:30 a.m. at **Inwood Park.**

AWARDS: **5K Race:** 1st 3 Male/Female Overall, Age Group & Physically Challenged.
Age Groups: Under 12, 13-15, 16-18, 19-24, then 5-year age groups thru 85+
Fun Run: Top Male & Female (12 and under). **Tot-Trot:** Awards to all participants.

RACE TIMING: Timing by Start to Finish Corp. 5K flat & fast through the streets of Inwood.
Post-Race activities includes the "*Fastest Race Raffle on Long Island*"

DIRECTIONS: **Belt Pkwy** to Nassau Expy (878), south to Bayview Ave., right to end (Inwood Park)
Southern Pkwy to Exit 19S, to Nassau Expy (left), to Bayview Ave (right), go to end

PROCEEDS: Race proceeds benefit college scholarships for 5 Towns area high school students.

INFORMATION: Contact: **Byron Jarrin (516) 341-7400** or e-mail bjarrin@gmail.com
 Check out our website at www.inwood5k.com for past results and photos

Mail application and make checks payable to: **INWOOD 5K RUN**
430C Doughty Blvd.
Inwood, NY 11096

Online registration: <https://runsignup.com/inwood5k>

NAME: _____ **SEX:** M F

STREET: _____

TOWN: _____ **ZIP CODE:** _____

PHONE: _____ **AGE ON RACE DAY:** _____ **E-Mail** _____

CIRCLE ONE: **5K Race** **Fun Run** **Physically Challenged** **Volunteer/Donation**

In consideration of your accepting this entry, I, the undersigned intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Nassau County, the Town of Hempstead, the Inwood 5K Run, Inwood Buccaneers, their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have trained sufficiently for the completion of this 5K Run, and my condition has been verified by a licensed medical doctor.

SIGNATURE _____
 (Signature of Parent or Guardian if Applicant is under 18 years of age)