Herricks Harry O'Neill Flag Day Memorial
5K Run and Fun Run
June 15th 2019

Presented by Herricks Athletic Boosters www.herricks.org\aboosters

Proceeds from the race will go towards scholarships for athletes and support Athletic Boosters programs for students.

Time: 5K Run/Walk 8:30 AM. Fun Run 10:00 AM.

Location: Herricks High School (100 Shelter Rock Rd, New Hyde Park, NY)

Registration: Pre-Registration until 4/8/19

Late mail-in or on-site 6/16/19 (4:00PM-7:00PM) & 6/15/19 (7:00 AM to 8:00 AM)

Race Fees:

- Adults $30 ; Military/ First Responders $25 ;
- Students (18 and younger) $20 Fun Run $10

Awards:

- Top 3 Overall Male and Female
- Top 3 Masters Male and Female
- Top 3 Military
- Top 3 First Responders
- Top 3 Male and Female in each age group
- Medals will be given out to all fun run participants and 5K children under 10.
- Penguin Award for last 5K Finisher

Categories 5K run: 14 & under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 +

Amenities: Custom designed short sleeve race T-shirt to all Pre-Registered participants (and race day registrants while supplies last). Water stations located throughout the course. Post race refreshments, snacks, and participant raffles at Herricks High School Field. Field Activities and games for children.

Packet Pick-up: Friday June 14th, 2019 - 4:00 PM to 7:00 PM at Herricks High School Comfort Station.

Saturday June 15th, 2019 - 7:00 AM to 8:00 AM at Herricks High School Comfort Station.

Timing provided by USA Timing ,Inc.

Free Photos By LIRP Long Island Running Photos

Mail in registration form (reverse side) and check (made out to the Herricks Athletic Boosters)

Herricks Athletic Boosters Herricks High School 100 Shelter Rock Road, New Hyde Park, NY 11040

Register online: https://www.active.com/new-hyde-park-ny/running/distance-running-races/herricks-harry-o-neill-flag-day-5k-2019
Herricks Harry O'Neill Flag Day Memorial 5K and Fun Run Registration Form

COST:

- $30 — Adults
- $25 — Military
- $10 — Fun Run
- $20 — Student
- $25 — First Responder (Fire, Police, EMS)
- Additional Scholarship Donation

EVENT: □ 5K Run □ Fun Run

AGE ON RACE DAY: ________ Date of Birth: ________

Name: ____________________________________________________________ Circle: Male or Female

Address: _______________________________________________________

City, State, ZIP: _________________________________________________

Phone: __________________________

email: __________________________

T Shirt Size: YL S M L XL XXL Circle Male or Female

Participant Waiver Form: verify that I am physically fit and sufficiently trained to participate in this event. In consideration of the acceptance of this entry, I, for myself, my heirs, my executors, and administrators, hereby waive any and all rights and claims for damages, injuries, or losses that I may have against Herricks Athletic Boosters, USA Timing, any and all race officials, as well as any other person, company, or organization connected with the 5k run, their heirs, executors, administrators, successors, and assigns for any and all damages, injuries, or losses which I may suffer while taking part in this event or as a result of.

_______________________________________________________________

Signature (parent/guardian if under 18) Date

Mail registration form and check (made out to Herricks Athletic Boosters) to

Herricks Athletic Boosters Herricks High School 100 Shelter Rock Road, New Hyde Park, NY 11040