15th Annual

SHELTER ISLAND 5K

Saturday, October 18, 2014

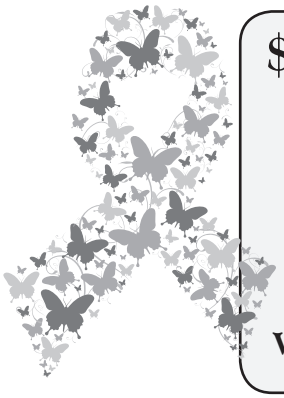
(rain or shine)

Proceeds Benefit The North Fork Breast Health Coalition & The Coalition For Women's Cancers at Southampton Hospital

RAFFLE PROCEEDS BENEFIT LUCIA'S ANGELS

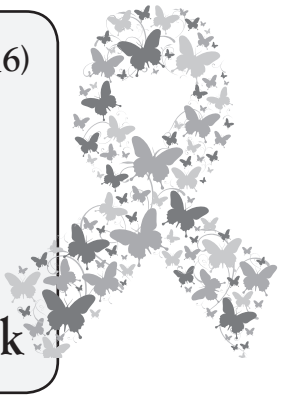
3.1 Mile Run/Walk starts at Crescent Beach at 11 am

Free Shuttle To/From North Ferry (pre-race 9:00 – 10:15; post-race until 1:00)
Registration & Check-in: 9:00 – 10:30



$25.00 – Adult pre-registration (before October 16)
$30.00 – Day of Race
$10.00 – Children 14 & under

Register at shelterislandrun.com/5k or
www.lightboxreg.com/shelter-island-5k-run-walk



AWARDS

Top Overall Male/Female Runners 1st, 2nd, 3rd
Top Male/Female Runners in Each Age Group
Top Overall Male/Female Walkers
Top Overall Male/Female Wheelchair Racers
First Place Breast Cancer Survivor Runner
First Place Breast Cancer Survivor Walker
Team With Most Participants

AMENITIES

- Top Quality T-Shirts and Medals for First 500 Registrants
- Medals for All 14 Years and Under
- Free BBQ and Chili • Pre-Stretch Clinic
- Post Therapeutic Massage • Water Stop
- Accurate Split Time Each Mile
- Best Raffle on the East End

PRIZES

First Place for Top Money Pledges • Second Place for Top Money Pledges

INFORMATION: 631-774-9499

NAME: _____ **ADDRESS:** _____ **PHONE:** _____

SHELTER ISLAND 5K
Help Raise More Money

School, corporate and community teams, as well as individual runners/walkers can collect sponsorships.

First: Fill out a registration form which can be turned in on race day

Second: Use your sponsorship/pledge form to list the pledges received from supporters

Third: Bring your pledge forms and checks on race day.

SPONSOR NAME	ADDRESS	PHONE	PLEDGE

Directions from North Ferry: Follow Rt 114 south, passing Chequit Inn – as Rt 114 bears left, continue straight to New York Ave – at first stop sign, turn right onto West Neck Rd – continue straight on West Neck (County Road 42) to Crescent Beach.

Directions from South Ferry: Follow Rt 114 north through town center to IGA stop sign – continue left on Rt 114- make the next left turn onto West Neck Rd (County Rd 115) – proceed straight through first stop sign until you reach Crescent Beach.

DIRECTION SIGNS WILL BE POSTED ON RACE DAY FROM BOTH FERRIES

REGISTRATION

CHECK PAYABLE TO: North Fork Breast Health Coalition

MAIL FORM & CHECK TO: Shelter Island 5K, PO Box 599, Shelter Island, NY 11964

Name _____ Age on Race Day _____ Birth date _____

Mailing Address _____

Telephone _____ Male or Female _____ EMAIL _____

(circle one) Run Walk* Wheelchair Optional Team Name_____

Breast Cancer Survivor

WAIVER

I know that running a good race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity dehydration, traffic and the conditions of the road, all such risks being known and appreciated to me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Shelter Island; The North Fork Breast Health Coalition; The Coalition For Women's Cancers at Southampton Hospital; Lucia's Angels; all sponsors, race directors, their agents, servants and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings and any other record of this event for any legitimate purpose. Rollerblades, headphones and animals are prohibited from participating in this race.

Signature _____

If under 18 signature of parent or legal guardian _____

Please accept my donation of $_____

I am unable to participate – please accept my donation of_____

*If you register as a walker, running at anytime is in violation of the rules of race walking.

SHELTER ISLAND 5K
PO BOX 599
SHELTER ISLAND, NY 11964

East End Cardiology, P.C.

South Ferry

Frank J. Adipietro, MD
DABA, DAAPM, FIPP, DABIPP
INTERVENTIONAL PAIN MANAGEMENT CENTER

Shelter Island Reporter

SCHMIDT'S

The Pridwin
Beach Hotel & Cottages

Sunset Beach

IGA

DR. DHIREN MEHTA

WLNG ALL THE HITS THE OLDIES STATION

Louis Avvento, MD
Alex Zuhoski, MD
Deepali Sharma, MD

Eastern Long Island Hematology/Oncology, P.C.
Riverhead & Southampton www.eliho.com

CapLease
The Net Lease Company