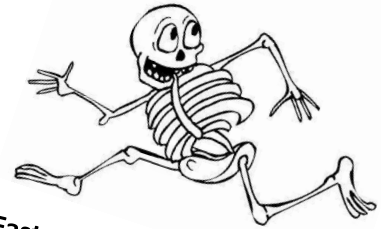




John Theissen Children's Foundation

Freaky 5K



Fast and Flat Course!

Post-race drawing for dozens of great prizes including tickets to concerts and Jets and Giants games, hotel getaways, XBOX game system, and MUCH more!!! (Your entry is included with your registration)

Sunday, October 28, 2012 8:30 AM Start

Start & Finish: Behind our Family Fun Center located at 1881 Wantagh Ave. Wantagh, NY (Next to Hemmingway's Restaurant)

ENTRY FEE:

Register by phone, email or online at www.flrrt.com or www.active.com.

RUNNERS/WALKERS:

\$20 Pre-register postmarked by October 24, 2012

\$25 Day of race 6:00 to 8:00 AM

FUN RUN: ¼ Mile Trick or Treat Trot (8:00 AM sharp)

\$5 for children 10 and under and all entrants receive a medal and goody bag.

There will be no entry fee if you pledge \$250 or more through sponsorships. Download a pledge form at www.jtcf.org or call 516-679-5098. Pledges of \$250 or more are entered into a special drawing to win a one week stay at Barefoot Landing Resort in NC, trip to Vegas for two with airfare and MORE!

AMENITIES:

Top quality, Dri Fit, long sleeve running shirts will be given to the first 500 registrants. Plenty of post-race refreshments will be provided.

TIMING:

Timed and measured by Finish Line Road Race Technicians, www.flrrt.com

AWARDS:

Cash Prizes and Running Sculptures:

Top Three Overall Male and Female Winners and Top Overall Male and Female Masters Winners

Quality, large medals to the top five finishers in each age group: 14 and 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, 75-79, 80 plus!

MOST CREATIVE and SCARIEST COSTUME AWARD! Dress up in your Halloween costume to win prizes awarded in two categories, adults and children under 14.

RULES OF COMPETITION:

For the safety of all participants and to satisfy insurance requirements, no skates, baby strollers, baby joggers or animals are permitted on the course.

RACE DIRECTOR: John Theissen

This race is directed by a runner. It will be organized as a race should be; on time, on an accurate course, with quality awards, and you won't have to wait around all day for awards and raffle prizes.

Please visit www.jtcf.org for more information, contact our office at 516-679-5098 or email john@jtcf.org.

Register online at www.flrrt.com, www.active.com or make checks payable to JTCF and mail to 1881 Wantagh Ave., Wantagh, NY 11793

First Name _____ Last Name _____

Address _____ Town _____ State _____ Zip _____

Phone _____ Email _____

Age (as of 10/28) _____ D.O.B. _____ Gender: M F Shirt Size: S M L XL

I know that running a road race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to change in running surfaces, falls, contact with other participants or spectators, the effect of weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all. I agree that there are risks involved while participating in today's 5K run/walk event and all its activities further, by my signature below, I release and discharge John Theissen Children's Foundation DBA/ JTCF, Finish Line Road Race Technicians and their representatives, the events sponsors, workers directors, volunteers Town of Hempstead and Nassau County from all actions, damages, suits and demands whatsoever, in law or equity, including, but not limited to the risks of participation and the risks of personal property by theft or otherwise. I am physically fit and have trained for this race/walk. The application warrants that "my physical condition has been verified by a licensed medical doctor. I give JTCF permission to take pictures and video of today's event which may include my child/children and my family in them and may be used for promotional use for the foundation. If signed by a parent/guardian, the parent/guardian agrees to release and hold the named organization and persons harmless of any claims, which may be asserted by or on behalf of the entrant.

Signature: X _____