

## REGISTRATION FORM

Mail this entry form and payment to:

St. Joseph Hospital  
4295 Hempstead Turnpike  
Bethpage, New York 11714  
c/o Halina Carrigan

Checks payable to: St. Joseph Hospital

For further information, please contact  
Halina (516) 520-2301 / hcarrigan@nihli.org

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my assigns, executors, and administrators, waive and release any and all claims for damages I may have against New Island Hospital, and all other sponsors of the Run, The Long Island Track and Field, the State of New York, the Town of Oyster Bay, and their employees, agents, representatives, successors and assigns, from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above-mentioned organizations or individuals. I attest and verify that I am physically fit and have trained sufficiently 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 organization and personnel harmless from and against any claims and rights, which may be asserted on behalf of the entrant. I hereby grant permission to any and all of the foregoing organizations and personnel to use photographs, or any other record of this event for any purpose whatsoever.

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

email \_\_\_\_\_

Sex Male ( ) Female ( )

Age \_\_\_\_\_ D.O.B. / /

Special Category:  
(please circle one only if applicable)

St. Joseph Employee      St. Joseph Physician  
Walker (untimed)

Signature \_\_\_\_\_

(Parent Signature if under 18 years old)

Cut Here

ST. JOSEPH  
HOSPITAL

4295 Hempstead Turnpike  
Bethpage, NY 11714

ST. JOSEPH  
HOSPITAL

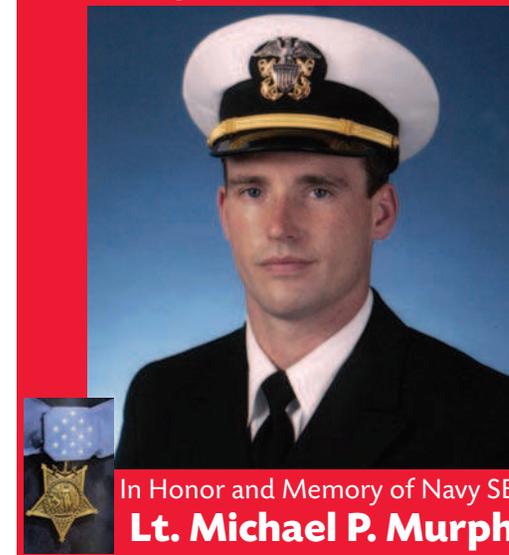
(formerly New Island Hospital)

## 5K Run and Walk

Sunday, September 19, 2010  
9:00 a.m.

Bethpage State Park  
Polo Field

Help us Honor a Hero



In Honor and Memory of Navy SEAL  
**Lt. Michael P. Murphy**

Race Director  
**Dr. Michael Tumen**



Proud participant in the 2010  
LI Track and Field Cross Country Challenge

## Age Award Categories

Top Overall Male and Female  
\$100 Cash Prize

Top Overall Masters Male and Female  
\$100 Cash Prize

Overall Male and Female- St. Joseph Employee

Overall Male and Female - St. Joseph Physician

Awards presented to the first three male and female finishers in the following age categories:

14 & under	30-34	50-54	70-74
15-19	35-39	55-59	75-79
20-24	40-44	60-64	80+
25-29	45-49	65-69	

## 5-Kilometer Run

Accurately measured 3.1 Mile  
Cross Country Course

### REGISTRATION/ENTRY FEE

Individual Runner/Walker  
\$25 Pre-Registration (before 9/15)  
\$30 Day of Race

All pre-registered Runners/Walkers will receive  
a complimentary Gift Bag/Tee Shirt

### RACE DAY CHECK-IN

7:30 a.m.—8:45 a.m.

**Race and Walk Start: 9:00 a.m.** (Rain or Shine)

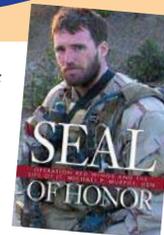
Proceeds will benefit the purchase of  
emergency medical equipment

Live music performed by **REAL HOT LANTA**

## Sponsorship Opportunities

Race Sponsors:	
Diamond Sponsor	\$25,000
Platinum Sponsor	\$20,000
Gold Sponsor	\$15,000
Silver Sponsor	\$10,000
Race Timing	\$5,000
Refreshments	\$2,500
Awards	\$1,000
Water Stations	\$500
Signage Sponsor	\$250
Supporter	\$100

It is our pleasure  
to again offer for purchase the  
Lt. Michael Murphy Medallions at \$20  
each on the day of the race.



Gary Williams, the author of  
SEAL of Honor: Operation Red Wings  
and the Life of Lt. Michael P. Murphy, USN,  
will be signing any book purchased  
at the race.

## Lt. Michael P. Murphy died to save his fellow SEALs.

Michael Murphy graduated from Penn State University, with Honors, and instead of attending Law School, took a 180° turn and joined the Navy SEALs. He was 29, when killed in a fierce firefight in mountainous terrain along the Afghanistan-Pakistan border. He led a four-man special reconnaissance unit that was secreted into the Hindu Kush mountains along the border in June 2005. The unit was reported to be trailing a high-ranking terror leader near 10,000-foot peaks when they were ambushed and overrun by scores of insurgent fighters. A troop transport helicopter that sped to their rescue with eight Navy SEALs and eight Army commandos aboard crashed after being hit by a rocket-propelled grenade. All aboard were killed.

A single member of Murphy's team managed to elude capture, and eventually was reunited with U.S. forces. The survivor said that Murphy was shot when he

climbed to higher ground and into the open to send an electronic call for help. Wounded, Murphy completed the call, then continued fighting. It is this action that is believed to be at the heart of his being awarded the Medal of Honor.



Other medals awarded  
to Michael are the Silver  
Star, Purple Heart,  
Combat Action Ribbon  
and Afghanistan  
Campaign Medal



## NYPD Detective Steven McDonald 2010 5K Chairman

We are honored to have NYPD Detective Steven McDonald as our Chairman this year. He was shot and paralyzed in the line of duty in July of 1986. His wife of just eight months, Patti Ann, was pregnant with their son, Conor. No other officer, in the history of the NYPD, has survived after having sustained such severe, life threatening injuries. Despite his severe disabilities, Steven has traveled the world inspiring audiences with his powerfully moving message on non-violence and forgiveness.



Det. McDonald served as a U.S. Navy Corpsman and as a Reservist in the U.S. Naval Reserve from 1975-1982. He is the third generation of his family to serve in the New York City Police Department. This past July, Conor became the fourth generation of the McDonald family to join the NYPD. Patti Ann is the proud mayor of Malverne, N.Y. since 2007.

**NAVY SEALS** 