

Registration Instructions

Race is capped at 3,000 participants

1. Online

Fee: \$35 - Adult \$25 - 18 and under
Requires - payment by Visa or MasterCard
Deadline: November 19, 2012

Visit www.portchest.org and click on the link to register online. A processing fee is added. Children under age 18 may not register online (although their parents may do so for them).

2. By Mail

Fee: \$35 - Adult \$25 - 18 and under
Deadline: Postmarked by November 15, 2012

Complete the application form at right and mail it with your check (no cash), payable to the *Community Chest of Port Washington*. Send to:

**Community Chest of Port Washington
382 Main Street
Port Washington, NY 11050**

If you provide a valid e-mail address, you will receive an e-mail confirmation that your application was received.

3. In Person Prior

Fee: \$35 - Adult \$25 - 18 and under
Registrations are also accepted during packet pick up times:
Tuesday, Nov. 20 5-8 PM
Wednesday, Nov. 21 5-9 PM

4. Race Day

Fee: \$50 - Adult \$25 - 18 and under
Thursday, Nov. 22 7:00-7:50 AM

No registrations will be accepted after 8 AM.

PLEASE NOTE:

- Each athlete must fill out a separate application.
- Fee is non-refundable and non-transferable.
- No BABY STROLLERS/JOGGERS, SKATEBOARDS, BICYCLES or DOGS are permitted in the Run.

AS THE RACE IS CAPPED AT 3,000 PARTICIPANTS (NEW FOR 2012), ALL PARTICIPANTS ARE URGED TO REGISTER EARLY & PRIOR TO RACE DAY

Award Categories

1. Top 3

Awards will be given to the top three athletes overall, male and female

2. Age Groups

Awards will be given to the top three athletes, male and female, in each of the following categories:

9-12*	25-29	45-49	65-69
13-15	30-34	50-54	70-74
16-19	35-39	55-59	75-79
20-24	40-44	60-64	80+

Wheelchair

*** This is a change from 2011**

There will be no duplication of awards. Awards are pick-up only. They will NOT be mailed.

Timing and Results

Timing and Results will be calculated by Finish Line Road Race Technicians. Results will be posted at www.FLRRT.com.

For the safety of all, line up at the appropriate Pace sign at the Starting Line. **SLOWER CHILDREN AND WALKERS MUST START AT THE REAR!**

Race Packets

Race Packet includes T-shirt, race bib & course map. Pick up Race Packets at:

Port Washington Senior Citizen's Center
80 Manorhaven Boulevard, Port Washington NY
(Located adjacent to Manorhaven Park)

Tuesday Nov. 20 5-8 PM	Wednesday Nov. 21 5-9 PM	Thursday Nov. 22 7-8 AM
------------------------------	--------------------------------	-------------------------------

T-shirts

All registrants will receive a long-sleeved T-shirt. We make every attempt to provide the size selected when registering, but cannot guarantee size as we pre-order the T-shirts in September.

Race Application	Port Washington Thanksgiving Day Run, November 22, 2012									
Complete and mail this portion of the application. To receive a confirmation, a legible, valid e-mail address must be provided. We will NOT be mailing confirmations.										
First Name:	Last name:									
Age (as of 11/22/12):	Gender:	M	F	Shirt Size:	Youth L	Adult S	M	L	XL	XXL
Address:	City:		State:		Zip:					
Daytime Phone: ()	Evening Phone: ()		Email:							
Entry Fee (circle appropriate category):			Adults Advance: \$35	Adults Day of Race: \$50	18 and under: \$25	Wheelchair Division				
Additional tax deductible donation to the Community Chest of Port Washington: \$										
Total enclosed: \$										
Please fill out entry blank, read the following statement and sign below. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, my executors and administrators acknowledge and agree that I am voluntarily and knowingly assuming all risks and injuries which are inherent in or which may arise from my voluntary participation in this event. I further hereby knowingly and voluntarily waive and release any and all rights and claims for damages that I have or may ever have against the Community Chest of Port Washington, the Port Washington, Sands Point and Nassau County Police Departments, the Port Washington Volunteer Fire Department, the County of Nassau, the Town of North Hempstead, Finish Line Road Race Technicians, Inc., the Villages of Manorhaven, Sands Point, Baxter Estates and Port Washington North, all event sponsors, officers, agents and employees of all of the above for all injuries or damages suffered by me arising from or caused by my participation in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and that my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant permission to use, and release said rights to any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever, and understand that I will receive no compensation of any form in connection therewith.										
Signature:										Date:
										If you are under 18, a parent or guardian must sign for you.

Directions to the Start: Manorhaven Park

From the Long Island Expressway, Exit 36:
Go North approximately 4 miles to Main Street, Port
Washington. Turn Left. Take Main Street to Shore
Road. Turn Right. Take Shore Road to Manorhaven
Blvd. Turn Left. Manorhaven Park is approximately ¼
mile on left.

Parking

Participants are urged to carpool, arrive early and park
in Soundview Marketplace (on Shore Road) where
there is free parking. Manorhaven Park parking lot
closes at 7:30 AM or whenever the lot is full. Local
roads close at 8 AM.

Volunteers Needed

Volunteers are needed Tuesday and Wednesday
evenings and Thursday morning. Please call the
Community Chest office at (516) 767-2121 or email:
jmharnick@portchest.org if you can help.

The Community Chest of Port Washington



All proceeds from the Port Washington Thanksgiving Day 5
Mile Run go to the Community Chest of Port Washington, a
501 (c) (3) charitable organization dedicated to improving the
lives of Port Washington residents. Race fees & contributions
are fully deductible to the extent provided by law.

To learn more about the Community Chest and the charities
it supports, call (516) 767-2121, visit www.portchest.org or
become a friend on Facebook



Community Chest of Port
Washington
382 Main Street
Port Washington, NY 11050



Community Chest of Port Washington
382 Main Street
Port Washington, NY 11050
Return Receipt Requested

Non-Profit Org.
U.S. Postage
PAID
Port Washington, NY
Permit No. 366

THE COMMUNITY CHEST OF PORT WASHINGTON



&



THE TOWN OF NORTH HEMPSTEAD

PORT WASHINGTON THANKSGIVING DAY

5 MILE RUN

Sanctioned by USATF

Benefiting the
Community Chest of
Port Washington

Thanksgiving Day
Thursday, November 22, 2012
8:30AM

Start: Manorhaven Park
Manorhaven Boulevard
Port Washington, NY

Sponsorship Opportunities

Please call the Community Chest at (516) 767-2121 for
information about being a Sponsor of the 2012 Port
Washington Thanksgiving Day Run.