

The 19th Annual 5K Run for the Ridley

To Benefit the Riverhead Foundation for Marine Research and Preservation's Rescue Program



Saturday, October 22, 2016 - 10:00 am

Eligibility

Open to runners and joggers of all ages.

5K Course

The Run starts on Main Street in Riverhead, goes through a quiet residential neighborhood and finishes on McDermott Ave. Race timed by Island Timing. **USA Track & Field Certified.**

Check-In

Eastermost end of Municipal Parking Lot adjacent to Peconic River.
8:00 a.m. to 9:30 a.m. Ample parking.

Awards

Top 3 male and female overall, plus, top 3 male and female in the following categories: 9-under, 10-14, 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 & over.

Directions

From East: Take Route 25 West to Downtown Riverhead. Turn Left into Municipal Parking Lot at McDermott Ave.
From West: Take L.I.E. to exit 72. Continue East on Route 25 into Downtown Riverhead. Turn Right into Municipal Parking Lot at McDermott Ave.

Registration

Early registration is \$20.00 if postmarked by October 15, 2016.
Late registration between October 16th & October 20th is \$25.00.

Race day registration is \$30.00.
Event T-shirt to 1st 300 registered

By Mail: see instructions below on where to mail application

Online: go to www.riverheadfoundation.org to qualify for prizes based on your personal fundraising efforts.
So register today and tell your friends how they can sponsor you in the 19th Annual Run for the Ridley Campaign.

If you raise the following amounts, you will receive:

- \$25.00 Riverhead Foundation water bottle
- \$100.00 - RF water bottle plus a stuffed turtle
- \$150.00 - RF water bottle, stuffed turtle, and an animal adoption
- \$250.00 - All the above plus a seal cruise gift certificate for 2

www.riverheadfoundation.org To register by phone, call (631) 617-5150

How did you hear about this race? _____ Have you run this race before? _____ T-Shirt Size (S, M, L, XL) _____
Name _____ Age on day of race _____ Sex _____ Birth Date _____
Address _____ Town _____ State _____ Zip _____
Phone _____ E-Mail Address _____

Charge my Visa/MasterCard _____ Expiration Date: _____

Make check payable to: Riverhead Foundation for Marine Research and Preservation and mail to: 20 Peachtree Court, Suite 103-L, Holbrook, NY 11741

Athlete's Release:

I acknowledge that my participation in the 5K Run for the Ridley involves a risk of injury, including bodily injury, and assume the risk for same. In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Town of Riverhead and the Riverhead Foundation for Marine Research and Preservation, Inc., its officers, directors, employees, affiliates, volunteers, agents and representatives, all race sponsors and their representatives, successors and assigns, for any and all injuries suffered by me in said event. I hereby verify that I am physically fit and have sufficiently trained for the competition of this event and my condition has been verified by a licensed Medical Doctor, and further, I understand the risks of running this event. I grant permission to the Riverhead Foundation to use photos and videos that may be taken of me at the event for promoting future events. If signed by parent or legal guardian, such person agrees to release and hold the above named organizations and persons harmless of any claims and/or rights which may be asserted of the entrant

Signature _____ (If under 18, signature of Parent or Guardian)