

18th Annual
SHELTER ISLAND 5K

Saturday, October 21, 2017
(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 11am

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

Registration & Check-in: 9:00 – 10:30



\$30.00 – Adult pre-registration (before October 19)

\$40.00 – Day of Race

\$10.00 – Children 14 & under

REGISTER AT

www.shelterislandfall5k.com



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

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 TShirt Size _____

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



Thank you to our sponsors, if you are interested in becoming a sponsor for 2017 contact us at: julie@shelterislandrun.com



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



The **Pridwin**
Beach Hotel & Cottages

FRANK J.
ADIPIETRO, MD
— *Interventional* —
PAIN MANAGEMENT
Center

Hamptons.com

Sunset Beach

DR. DHIREN MEHTA

Shelter Island
Reporter



**DAN'S CARTING
& RECYCLING**

WLNG  ALL THE HITS
THE OLDIES STATION

ONE *healthy* HAMPTONS