

FRIENDS OF ISRAFI DISABIED VETERANS









North Woodmere Park, NY - Sunday May 15, 2016

Kids FunRun 9:30 am - Race Begins 10:00 am

Proceeds to benefit Friends of Israel Disabled Veterans - Beit Halochem Centers in Israel

Registration 5K Race

Pre-Registered - Before 5/11/16\$25 Day of Race\$30

Registration Kids Fun Run (12 and Under)

Check-In and Day of Race Registration

8:00 am - 9:30 am T-shirts to all Pre-Registered Participants Day of race while supplies last

Course

Flat and fast in the park and local streets.

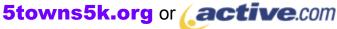
5K Awards

First Overall Male and Female Prizes to top three finishers in each category.

Categories: Male and Female:

19 and under, 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 and over. Fun Run Awards to all Fun Run Participants.

To register online go to



For Race information email

5towns5k@optonline.net or visit www.5towns5k.org

To learn more about Friends of Israel Disabled Veterans and Beit Halochem go to www.fidv.org

For information about the July 31-August 3 FIDV Vermont Bike Ride go to www.fidvbikeride.com

Directions:

North Woodmere Park is located on the corner of Branch Blvd and Hungry Harbor Road.

From Van Wyck Expressway south to Exit 1 Nassau Expressway (878), continue to end of expressway where it becomes Rockaway Blvd. Continue 3 miles on Rockaway Blvd to Peninsula Blvd. Turn left and proceed to 5th traffic light, Branch Blvd, Park is at the end of Branch Blvd.

From Southern State Parkway to exit 13 south, Central Ave which becomes Mill Road. 3 ½ miles to Peninsula Blvd. Turn right. 1 ½ miles to Branch Blvd, turn right. Park is at the end of Branch Blvd.

Registration Form

FIDV - 5 Towns 5K Run/Walk May 15, 2016

Make checks payable to: FIDV 5K Run - Mail to: 5 Towns 5K Run, 727 Hungry Harbor Road, North Woodmere, NY 11581			
First Name	Last Name	email	
Address		City	State Zip
In consideration of you accepting this entry, I, the undersigned, intending to be legally bound, do hereby for myself, and for my heirs, executors, administrators and assigns, hereby waive, release, and hold harmless FRIEND OF ISRAEL DISABLED VETERANS, NASSAU COUNTY, THE TOWN OF HEMPSTEAD, USATF, and all race SPONSORS, and their representatives, agents, employees, successors, and assigns, from any and all liabilities, claims, demands, and causes of action of any kind, whether or not arising in whole or in part out of the fault or any negligence of any of the above mentioned organizations or individuals. I attest and I verify that I am physically fit and have sufficiently trained for the completion of this event, and that my condition has been verified by a licensed medical doctor. If signed by a parent, the parent agrees to waive, release, and			, ,
Signature	Date	Shirt Size circle on	e S M L XL XXL