

Directions to the Start:

Manorhaven Blvd, Port Washington

From the Long Island Expressway, Exit 36: Go north approximately 4 miles to Main St., Port Washington. Turn left. Take Main St. to Shore Rd. Turn right. Take Shore Road to Manorhaven Blvd. Turn left. Start is adjacent to Manorhaven Park-- approximately ¼ mile on left.

Parking

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

Food Pantry Donations

At race packet pick up participants are encouraged to donate items and gift cards to the ***Our Lady of Fatima*** food pantry. Preferred items include cereal, cooking oil, canned fruit, pasta sauce and canned tuna. **Expired items will be thrown out on site.** Local area grocery store gift cards or prepaid credit cards are suggested and greatly appreciated!

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, contact info@portchest.org, (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

Non-Profit Org.
U.S. Postage
PAID
Flushing, NY
Permit No. 1832

Or Current Resident

Help a Neighbor in Need!

In the spirit of giving thanks, please bring donations for the local Our Lady of Fatima Food Pantry to race packet pick up. Preferred items include unexpired cereal, cooking oil, canned fruit, pasta & sauce and canned tuna. Local area grocery store gift cards or prepaid credit cards are suggested and greatly appreciated!



Feeding the Community

THE
COMMUNITY
CHEST OF
PORT
WASHINGTON



&

THE
TOWN OF
NORTH
HEMPSTEAD

CO-PRESENT

40th ANNUAL PORT WASHINGTON THANKSGIVING DAY

5 MILE RUN

Sanctioned & Certified by USATF

Benefiting The
Community Chest
of Port Washington

Thanksgiving Day
Thursday, November 26, 2015
8:30AM

Start: Manorhaven Boulevard
Port Washington, NY
(adjacent to Manorhaven Park)

Registration Procedures

Mail or Walk-In

Deadline: Form & payment must be in the Community Chest office by Monday, November 23, 2015 at 3pm

Fees: Adult: \$35; Ages 9 – 21 \$25

Complete the application form (making sure to SIGN the release) and mail it or bring it (10am-3pm Monday to Friday) with your check (payable to the *Community Chest of Port Washington*) to:

Community Chest of Port Washington
382 Main Street, Ste 110
Port Washington, NY 11050

Provide a valid & legible e-mail address to receive an e-mail confirmation that your application was received.

On-line

Deadline: Monday, November 23, 2015 (11pm)

Fees: Adult \$35*; Ages 9 – 21 \$25*

Visit www.portchest.org and click on the link to register online at RunSignUp.com (*a processing fee is charged per registrant). If you are under 18 your parent/guardian must register for you.

In Person During Packet Pickup:

NOTE:
Higher fees apply during ALL packet pickup days/times.

STOP!

	11/24 (Tues.)	11/25 (Wed.)	11/26 (race day)
	5pm-8pm	5pm-9pm	7am-8am
Adults	\$50	\$50	\$60
Ages 9-21	\$25	\$25	\$35

No registrations will be accepted after 8am on 11/26.

Race Guidelines

- NEW FEE STRUCTURE THIS YEAR!!!
- Run is capped at 3,000 participants.
- Fee is non-refundable and non-transferable.
- The run is held in ALL weather and is not cancelled unless the police close the roads. In the unlikely event of a cancellation, the run will NOT be rescheduled.
- Minimum age is 9. Children under 11 must be accompanied by an adult.
- For the safety of all, **BABY STROLLERS, JOGGERS, SKATEBOARDS, BICYCLES and DOGS** are **NOT** permitted.
- For safety reasons, walkers and slower runners should NOT line up in the front.

We thank you for your participation & cooperation!

Race Packet Pick Up

Race Packet includes T-shirt & Race Bib. Pick up at:

Port Washington Senior Citizens Center
80 Manorhaven Boulevard, Port Washington, NY

Tuesday	Wednesday	Thursday
11/24	11/25	11/26
5-8pm	5-9pm	7-8:25am

Award Categories

Awards are given to the top three athletes overall, male/female in each age group & wheelchair.
Age groups: 9-12, 13-15, 16-19 and 5 year age breaks to 79, 80+. 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 (FLRRT). Results will be posted at the finish line and at www.FLRRT.com.

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 that all sizes will be available.

Registration Form		Port Washington Thanksgiving Day 5 Mile Run, November 26, 2015	
Complete and mail this portion of the registration. Registrations received after 11/23/15 cannot be processed by the office; however, you may register late at Race Packet Pick Up. FEES INCREASE AFTER 11/23/15. See procedures for fee details. In order to receive confirmation of your registration a LEGIBLE & VALID email address must be provided.			
First Name:	Last name:		
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Age (at 11/26/15):	Shirt Size:	<input type="checkbox"/> Adult S <input type="checkbox"/> Adult M <input type="checkbox"/> Adult L <input type="checkbox"/> Adult XL
Address:	City:	State:	Zip:
Home Phone: () ()	Entry Fee: <input type="checkbox"/> Adults: \$35 <input type="checkbox"/> Ages 9-21: \$25 \$		
Cell Phone: () ()	<input type="checkbox"/> Wheelchair		
Valid Email (required for Registration Confirmation):	Additional Donation to the Community Chest (optional)		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 Police Department, the Port Washington Fire Department, the County of Nassau, the Town of North Hempstead, Finish Line Road Race Technicians, Inc., the Villages of Manorhaven, Sands Point and Nassau County Police Departments, 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.		