



5K  
eighteenth annual



**Sunday, October 23, 2016**

Mary Jane Davies Park on Plandome Road in Manhasset

**registration:** begins 8:00am - closes promptly at 9:15am

**start time:** 9:30am sharp

**awards:** given 20 minutes after the last participant finishes

**t-shirts:** available to those who pre-register by October 14



**online pre-registration by October 20**  
\$25 adults, \$15 kids 13 & under  
**runsignup.com**  
**Search MWCABC**



**mail-in pre-registration received by October 14**  
\$25 adults, \$15 kids 13 & under  
Send form & payment to:  
MWCABC 235 Eakins Road Manhasset, NY 11030



**day of race registration**  
\$35 adults, \$25 kids 13 & under  
**t-shirts are NOT available for same-day registrants**

first name	last name	age	sex	address	email	bib #	To donate the t-shirt cost please circle "donate"				
							t-shirt size				
							S	M	L	XL	donate
							S	M	L	XL	donate
							S	M	L	XL	donate
							S	M	L	XL	donate
							S	M	L	XL	donate

I, the undersigned, hereby waive and release any and all rights and claims I may have against MWCABC, the town of North Hempstead, the Inc. Villages of Plandome, Plandome Heights, Plandome Manor, Flower Hill, Munsey Park and the sponsors for damages which I may have arising out of said event. I am physically fit and have trained for this race. The applicant warrants that his/her physical condition has been verified by a licensed doctor. Further, I hereby grant full permission to any all of the foregoing to use any pictures, or any other record of this event for any purpose whatever. If signed by a parent, the parent agrees to release and to hold the above named organization and persons harmless of any claims which may be asserted by or on behalf of the entrant.

signature \_\_\_\_\_

phone \_\_\_\_\_

cash for a  
cure  
grand prize  
**\$10,000**

The drawing for  
**cash for a cure**,  
MWCABC's raffle,  
will take place  
immediately before  
the race.

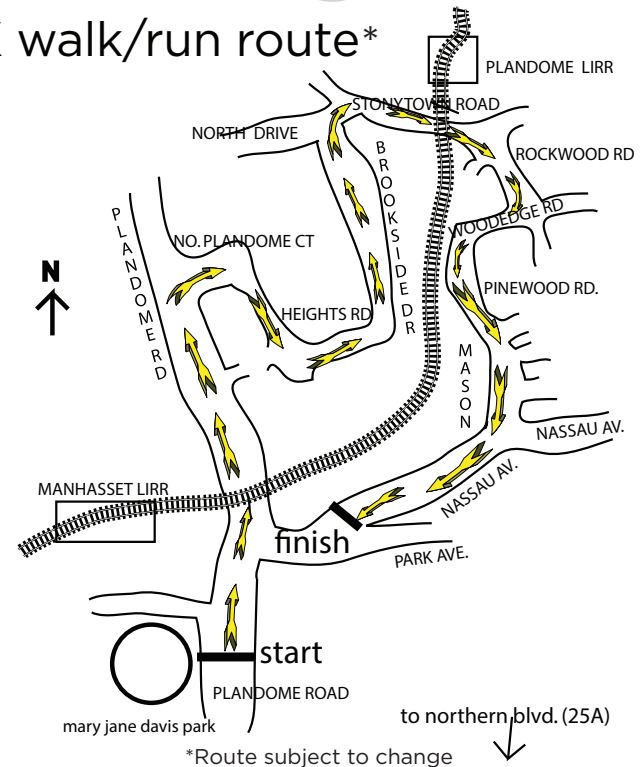
sharonmessina5@gmail.com

We welcome  
adults, children,  
strollers & physically  
challenged,  
but NO bikes,  
scooters or  
rollerblades.

For additional  
information visit our  
website:

**manhassetbreast  
cancer.org**  
or email us  
**katkosc@  
gmail.com**  
or call  
**917-864-2802**

5K walk/run route\*



**underwriting opportunities**

We are reaching out to individuals and corporations to ask for their help in underwriting this special event, so that every dollar raised by the race can go directly to the fight against breast cancer.

We have established the following ranges, but any donation is appreciated.

Underwriters will be acknowledged at the race.

Highest donations will also be featured on the finish line run tower.

Please see insert for donor acknowledgement details.

- |  |  |
|--|--|
| <input type="radio"/> bronze \$50 — \$99   | <input type="radio"/> platinum \$500 — \$999 |
| <input type="radio"/> silver \$100 — \$249 | <input type="radio"/> pink \$1,000 — \$2,000 |
| <input type="radio"/> gold \$250 — \$499   | <input type="radio"/> other                  |

Name as it is to appear on sign and/or t-shirt: