

**LITTLE COW HARBOR
RUN FOR HOPE
4 MILE RUN/WALK**

Date: Saturday, March 6, 2010
(Rain or Shine)



PROJECT HOPE

Mission Statement

Project HOPE is an organization formed by the youth of St. Hugh of Lincoln Parish in response to the needs of the hungry, homeless and unemployed in and around Huntington. Through the operation of a mobile soup kitchen, food drives, and meals served to a local homeless shelter and Sunday Suppers served on a bi-monthly basis; we strive to minister to those in need in our own community. Join us in acting locally.
www.projecthopeny.org

RACE LOCATION:

Oldfield Middle School
2 Oldfield Road
Greenlawn, NY 11740

4 MILE START: Front of OMS on Old Field Road.
Route: Right onto Centerport Rd. Right onto Smith St. Right onto Greenlawn Rd. Right onto Salem Ridge Dr. Right onto Renwick Ave. Finish at the driveway of Old Field Middle School.

KIDS FUN RUN: (1/2 mile)
On the grounds of Oldfield Middle School

START TIMES:

4 Mile – 9 AM
½ Mile Kids Fun Run – 8:30 AM

REGISTRATION Packet Pick -up:

Pre-registered runners can pick up their race packets at a FREE Pasta Dinner on Friday March 5th from 6:30 – 9:00 PM at the St. Hugh's Parish Center 1490 New York Ave. Huntington Station, NY 11746

Late entrants may register and pick up packets at the Oldfield Middle School Gymnasium from 7 – 8:15 AM on Saturday, March 6th.
No numbers issued after 8:15 AM.

AWARDS:

An awards ceremony will be held following the 4 mile run for overall and 1st, 2nd and 3rd place Male/Female finishers in each age/gender group. Every child in Kids Fun Run will receive a medal.

A raffle will be held at OMS after Run/Walk. Winners must be present to collect their prize.

AGE CATEGORIES:

| | | |
|-------------------------------------|-------|-------|
| 12 & Under | 40-44 | 60-64 |
| 13-19 | 45-49 | 65-69 |
| 20-24 | 50-54 | 70-74 |
| 25-29 | 55-59 | 75-79 |
| 30-34 | 60-64 | 80+ |
| 35-39 | | |
| Wheelchair athletes | | |
| Fun Run Athletes (age 10 and under) | | |

RULES OF COMPETITION:

For the safety of all participants and to satisfy insurance requirements, no skates, baby strollers, baby joggers, or animals permitted on course. No refunds will be issued in the event of cancellation due to inclement weather.

OFFICIAL ENTRY FORM:

Each participant must complete an Entry Form. Duplicate this form or download additional forms at www.projecthopeny.org or register online at www.active.com

Please Check
 4 Mile Run/Walk Male Female
 ½ Mile Fun Run Male Female
 Wheelchair athlete

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Race Day Age: _____

Email: _____

T-shirt Size (circle one) : XS S M L XL
Pre-registration guarantees a T-shirt

ENTRY FEE:

\$20 – 4 mile Run/Walk
OR \$50 minimum sponsorship*
\$10 – Kids Fun Run (age 10 & under)

Late Registration: Postmarked after 2/20/2010
or day of Run/Walk

\$25 – 4 Mile Run/Walk
Make Checks payable to St. Hugh's Project HOPE

Total Enclosed: \$ _____

*Register & Download sponsorship form or make a donation at www.projecthopeny.org

Mail to: Project HOPE c/o St. Hugh's Church
21 East 9th Street
Huntington Station, NY 11746

Online Registration for a small fee:
www.active.com

To make your Run/Walk event more exciting and meaningful, you may obtain pledges from your friends and family to help support Project HOPE. Please print all information. Please collect and bring your pledges to the Run/Walk on Saturday, March 6, 2010. For sponsorship and additional pledge forms visit www.projecthopeny.org Checks payable to St. Hugh's Project. HOPE

| Sponsor | Address | Phone |
|---------|---------|-------|
| | | |
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| | | |
| | | |

WAIVER:

I hereby waive and release all rights and claims I may have against St. Hugh's Church, Project HOPE, the Town of Huntington, the Harborfields School District, Oldfield Middle School, their employees and the Run/Walk Sponsors and volunteers for damages which I may have arising out of this event. I am physically fit and have trained for this race. The applicant warrants that 'my physical condition had been verified by a licensed medical doctor.' "Furthermore, I hereby grant full permission to any and all of the foregoing to use any pictures or and other record of this event for any purpose whatsoever." If signed by a parent, the parent agrees to release and hold the above named organizations and persons harmless of any claims which may be asserted by or on behalf of the entrant.

Signature Date

SPONSORSHIP OPPORTUNITIES:

Business/Organization/Family

Contact Person(s):

Address:

Phone:

Email Address(es):

Sponsorship:
Deadline for inclusion on signage or T-shirt is February 15, 2010.

\$1,500 Finish Line Sponsor: Name/Logo listed on Finish Line Banner, Name displayed at Starting Line, Logo with link on Project HOPE website for one year. Listing in all press releases. Logo displayed on T-shirts.

\$1,000 T-Shirt Sponsor: Name displayed at Starting line, additional Sponsor signage displayed at run, name listed on Project HOPE website for one year. Listing in all press releases. Logo displayed on T-shirts.

\$500 Refreshment Sponsor: Name displayed at starting line, additional sponsor signage displayed at run. Name listed on Project HOPE website for one year. Logo listed on T-shirts.

\$300 Award Sponsors: Signage displayed at run. Name listed on T-shirts.

\$250 Advertising Sponsors: Signage displayed at run.

\$50 Friends of Project HOPE

All proceeds from sponsorship donations will help feed the hungry right here in our own community.



PRESENTS
LITTLE COW HARBOR
RUN FOR HOPE
Saturday, March 6th, 2010
(Rain or Shine)

4 Mile RUN/WALK 9:00 AM

½ Mile FUN RUN 8:30 AM

Oldfield Middle School
Greenlawn, NY 11740
Sponsored by:

Cannon & Acosta, LLP

