



Heroes Run 5K Run/Walk

Sunday April 26, 2009

5K Run/Walk



Proceeds from the race benefit wounded and disabled American soldiers

Date: April 26, 2009 (Rain or Shine!)*
Time: Race will begin at 9:00 am sharp. **(Participants must arrive no later than 8:30 am)**
Start/Finish: Hewlett Point Beach/Park 130 Hewlett Point Avenue, East Rockaway, NY 11518
Distance: 5K (3.1 miles)
***Event organizer reserves right to postpone or cancel due to inclement weather.**

Online registration: www.buildinghomesforheroes.com

Phone: 1 516 684-9220 (We accept MasterCard, Visa, Discover and American Express)

Race day registration and check-in will begin at 7:00 am and end at 8:30 am at the starting line. Participants must arrive prior to 8:30 am, as road to starting point will be closed, thereafter.

Entry Fee: Adults: \$20 prior to race day, \$25 day of the race. High School students: \$15 prior to race day, \$20 day of race. There's a \$10 fee for walkers. Fee includes: Bib number, T-shirt, and post-race refreshments. Race will be chip timed by Tri and Du It Multisport.

Numbers and T-shirts: Numbers, T-Shirts, and other information will be distributed the morning of the race, beginning at 7:00 am. T-shirts guaranteed to all participants registered by April 10.

Awards: Top three male and female overall; and top three runners male and female in the following age categories: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+.

Information: Send questions by email to info@buildinghomesforheroes.com

Heroes Run 2009 5K Run/Walk Application

Last Name _____ First Name _____ (M.I.) _____
Street Address _____ City _____ State _____ Zip _____ Telephone _____
Age _____ (as of race day) Date of Birth _____ Sex (circle) M F Run _____ Walk _____
I am unable to participate, but will make a donation of \$ _____
E-mail Address _____ Chip Code (if applicable) _____
Emergency Contact _____ Telephone _____
T-shirt Size (Adult sizes) S _____ M _____ L _____ XL _____ XXL _____

Mail registration form to: Building Homes for Heroes, 65 Roosevelt Avenue, Suite 105 Valley Stream, NY 11581
Please make checks payable to "Building Homes for Heroes"

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, hereby waive, release and hold harmless the following organizations; Building Homes for Heroes, the Town of Hempstead, the Heroes Run staff, the Incorporated Village of East Rockaway, East Rockaway Volunteer Fire Department, Tri and Du It Multisport Race Technicians, and any sponsors or persons associated with this event and their agents, employees, representatives, successors and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event even if any such liabilities, claims, demands and causes of action arise in whole or in part out of negligence of any of the above-mentioned organizations or individuals. (If signed by a parent, the parent agrees to waive, release and hold harmless the above-mentioned organizations and individuals from any and all said liabilities, claims, and causes of action which may be asserted on behalf of the entrant). I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a medical doctor. Further, I hereby grant permission to any and all of the above mentioned organizations and individuals to use any photographs, videotapes, motion pictures, recordings or any other record of this event and my participation in this event for any purpose whatsoever.

Participant Signature (Parent or Guardian if under 18): _____ **Date:** _____

www.buildinghomesforheroes.com