



HALLOWEEN 2010 Seatauck Owl Prowl 5K

SUNDAY, OCTOBER 31 - 8:30 A.M.

Sanctioned 5K Run/Walk through the scenic Hamlet of Islip to benefit the Seatauck Environmental Association; start/finish at the Suffolk County Environmental Center

- Entry Fee:** \$30.00 (Pre-registration: \$25.00 - postmarked before October 22, 2010)
- Age Groups:** 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over
- Awards:** Top three finishers in each age group
Overall male and female runner
Overall master male and female runner
- Register:** Online at www.island-timing.com or www.lirunning.com, or entry form
- Amenities:** Long-sleeve T-shirt to first 500 participants.
Computer scoring and timing results
Post-race food, music, awards and festivities!
- Packet P/U:** Suffolk County Environmental Center
550 South Bay Avenue, Islip
Friday, October 29 - 4:30 - 6:30 pm
Saturday, October 30 - 11:00 am - 4:00 pm
Race Day - 7:00 - 8:30 am

KIDS' MONSTER MASH DASH!
9:30 A.M.

LONG-SLEEVE TEES

**RUN IN COSTUME;
PRIZES FOR THE BEST!**

**TOUR HISTORIC
(AND SLIGHTLY SPOOKY)
SCULLY MANSION**

PRIZE RAFFLES!

From Sunrise Highway: Exit 45 south, follow Commack Rd. around Islip Town Hall, cross Main Street, 1 mile down South Bay on left. Attendants will direct for parking.

More information at WWW.SEATUCK.ORG or contact Enrico/Stephanie at 631-581-6908

Fee: \$25 postmarked before October 22, 2010 - \$30 after October 22
Make check payable to: SEATUCK ENVIRONMENTAL ASSOCIATION
Mail check and application to: Seatauck P.O. Box 31, Islip, NY 11751

Name: _____ MALE FEMALE Race Day Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ Shirt Size: S M L XL

I know that running a road race is a potentially hazardous activity. I should NOT ENTER and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event included but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. In consideration for my entry I do hereby for myself and anyone entitled to act on my behalf waive and release Seatauck Environmental Association, Inc., the County of Suffolk and the Town of Islip, and any of their affiliates and subsidiaries, as well as all sponsors, agents and representatives or assignors for any and all damages sustained and suffered by my association with or entry in the race.

(Signature of Participant (Parent or guardian if under 18 years old)

Date

