



The 11th Annual 5K Run for the Ridley



To benefit the Riverhead Foundation for Marine Research and Preservation

Saturday, October 18th, 2008 ~ 10:00 a.m.

Eligibility

Open to runners and joggers of all ages.

5K Course

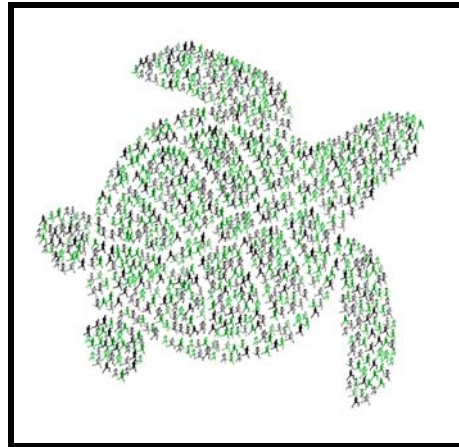
The Run starts on Main Street in Riverhead, goes through a quiet residential neighborhood and finishes on McDermott Ave. Race timed by **Fit Results**.

Registration

Early registration is \$17.00 if postmarked by October 11, 2008.
Late registration between October 12th & October 17th is \$20.00.
Race day registration is \$25.00.
Event T-shirt to all pre-registered runners.
Make checks payable to and mail to:
**The Riverhead Foundation for
Marine Research and Preservation
467 East Main Street Riverhead, New York 11901.**

Sign up ten friends and you run free!
For information call 631-369-9840 or
www.riverheadfoundation.org

Endangered Kemp's Ridley Sea Turtle



Check-In

Easternmost end of Municipal Parking Lot adjacent to Peconic River. 8:00 a.m. to 9:30 a.m. Ample parking.

Awards

Top 3 male and female overall, plus, top 3 male and female in the following categories: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

Directions

From East: Take Route 25 West to Downtown Riverhead. Turn Left into Municipal Parking Lot at McDermott Ave.
From West: Take L.I.E. to exit 72. Continue East on Route 25 into Downtown Riverhead. Turn Right into Municipal Parking Lot at McDermott Ave.

Where did you hear about this race? _____

Name _____ Age on day of race _____ Sex _____ Birth Date _____

Address _____ Town _____ State _____ Zip _____

Phone _____ E-Mail Address _____

Charge my Visa/MasterCard _____ Expiration Date: _____

Make check payable to Riverhead Foundation for Marine Research and Preservation and mail to: 467 East Main Street Riverhead, New York 11901

Athlete's Release:

In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Town of Riverhead, Riverhead Yacht Club and the Riverhead Foundation for Marine Research and Preservation, Inc., all race sponsors and their representatives, successors and assigns, for any and all injuries suffered by me in said event. I hereby verify that I am physically fit and have sufficiently trained for the competition of this event and my condition has been verified by a licensed Medical Doctor, and further, I understand the risks of running this event. I grant permission to the Riverhead Foundation to use photos that may be taken of me at the event for promoting future events. If signed by parent or legal guardian, such person agrees to release and hold the above named organizations and persons harmless of any claims and/or rights which may be asserted of the entrant

Signature _____ (If under 18, signature of Parent or Guardian)