



Celebrate.

Remember.

Fight Back.

Second Annual
Mary Newman "Can't Means Won't" 5K Run/Walk
Benefiting The American Cancer Society

My Nana was a wonderful woman with a heart of gold. We lost her suddenly in December 2007 to late diagnosed Lung Cancer. It was by far the saddest moment in my life and many members of my family felt as if they couldn't go on. Then we remembered one phrase that she always repeated to us, one phrase that kept us going through that difficult time in our lives, urging us that we can do it: "Can't means won't". Those three simple words have applied to everything in my life since then, especially running. So the next time you think you can't keep going, you can. This run/walk is in memory of my beloved Nana and to raise much needed funds for the American Cancer Society. It will be a lot of fun! Hope to see you there!

Saturday, November 28, 2009
Rain or Shine

Race Begins at 9:30 am sharp!!

Field 1 Heckscher State Park, East Islip

Race Package Pickup on Fri, Nov 27th, 10am-6pm
at Sayville Running Co, 55 Main St, W. Sayville
or at Registration Table on Day of Race

Pre-registration Fee: \$18 Students & Seniors: \$15

(Pre-registrations must be postmarked by Nov 18th)

Day of Race registration - \$20.00 for all

Day of Race registration begins at 7:45 am & ends promptly at 9:00 am!!

ALL REGISTRATION FEES GO TO AMERICAN CANCER SOCIETY & SCHOLARSHIP FUND

Additional donations to the American Cancer Society are greatly appreciated. Pre-Registrants are guaranteed a free T-Shirt! Day of race registrants receive T-Shirts while supplies last!

RAFFLES! Plenty of refreshments for all! Entertainment provided by WBAB!

RUNNING THEMED GOODIE BAG FOR TOP THREE RUNNERS IN EACH AGE GROUP. SPECIAL PRIZES FOR TOP MALE & FEMALE FINISHERS AND TOP MALE & FEMALE MASTERS FINISHERS USATF SANCTIONED RACE

Personalized Finish Line Announcing

Officially timed by TriandDuit Multisport

Online Registration available at Active.com

Your contribution to this effort is appreciated. Cross Country Course run almost entirely on trails through beautiful Heckscher Park!

I, the undersigned hereby waive and release any and all rights and claims I may have against The American Cancer Society, Heckscher State Park, The New York State Park System, the entire Host Facility, TriandDuit Multisport, USATF and all sponsors for damages which I may have arising from said event. I am physically fit and am adequately trained for this event. I warrant that "my physical condition has been verified by a licensed medical doctor." Further, I hereby grant full permission to any and all of the foregoing to use any pictures or 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.

Name (Print Clearly): _____

Male ___ Female ___

Date of Birth: _____ Age on Day of Race: ____

Address: _____

Phone: _____ E-mail: _____

T-Shirt Size: S__ M__ L__ XL__ XXL__

Signature (all entrants must sign): _____

Parent Signature for those under 18: _____

Please Mail to:

"Can't Means Won't" 5K Race
420 Oceanside Street, Islip Terrace, NY 11752
Any Questions Please Call: (516) 924-2975

Make Checks Payable To:
American Cancer Society
(Memo: "Can't Means Won't" 5K)