

# POWER OF ONE 5K FAMILY FUN RUN AND 1 MILE RUN

On Saturday April 22nd the Youth and Community Alliance and Wellness Committee presents the Power of One Family Fun. All members of the Hauppauge School District community are invited to participate. Whether you wish to walk or run, the 5K course is open to residents of all ages who would like to participate. All proceeds will benefit the P.O.W.E.R. scholarships for HS seniors. The run begins at 8:30 a.m. in front of Hauppauge Middle School and will proceed through the streets of Hauppauge. Official times will be recorded for all participants. Awards will be presented to the top three male and female runners in each of the following age groups:

12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, and 60+.

We will also have a one mile fun run on the grounds of the Middle School at 8:00 a.m. Each participant will receive a fun run certificate to celebrate their accomplishment.

Entrants may pre-register by completing the form below, which must be postmarked no later than April 18th. The cost of pre-registration is \$15.00 per adult and \$10.00 per student.

Hurry! The first 100 entrants to pre-register will receive a specially designed T-shirt that may be picked up in the Middle School main lobby prior to the start of the race.

Registration will also take place on the day of the race at the sign-in tables set up in the Middle School main lobby from 7:30 a.m. – 8:20 a.m. No entries will be accepted after 8:20 a.m. THE COST OF REGISTRATION ON THE DAY OF THE EVENT WILL BE \$20.00 PER ADULT AND \$15.00 PER STUDENT.

## PLEASE PRINT AND FILL OUT COMPLETELY

THIS FORM MAY BE PHOTOCOPIED FOR ADDITIONAL REGISTRANTS

### REGISTRATION FORM

I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, and assigns, do waive and release any and all rights and claims for damages I may have against the County of Suffolk, Town of Islip, and Hauppauge School District, or all participating sponsors for any and all injuries suffered to me in the 3.1 mile race and 1 mile run on April 22, 2017 I am physically fit and well prepared to compete, this having been certified by a medical doctor.

\_\_\_\_\_  
SIGNATURE

(parental signature required for children under 18)

Name \_\_\_\_\_ Age Category \_\_\_\_\_

Address \_\_\_\_\_ Circle One 5K 1 Mile

Phone Number \_\_\_\_\_ T-Shirt size S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

#### MAIL COMPLETED FORM WITH SIGNATURE TO:

**CAROL PACILEO**

**HAUPPAUGE MIDDLE SCHOOL**

**600 Towline Road**

**Hauppauge, NY 11788**

**All advanced registration forms must be postmarked no later than April 18**

#### **PRE-REGISTRATION FEES:**

**\$15.00 PER ADULT**

**\$10.00 PER STUDENT**

#### **REGISTRATION FEES ON APRIL22**

**\$20.00 PER ADULT**

**\$15.00 PER STUDENT**

**\*CHECKS SHOULD BE MADE PAYABLE TO: HAUPPAUGE PUBLIC SCHOOLS**