

# SUNY Downstate Sesquicentennial Fun Run/Walk at Prospect Park



**Events**

9:00 AM – Kid’s (12 and under) K Run (1/2 mile)  
 10:00 AM – Adult Fun Run/Walk (3.34 mi / 5.37 km)  
 Entry Fee: \$10

**Course**

The Sesquicentennial Fun Run/Walk will begin and end at the Drummer’s Grove in Prospect Park (near entrance at Parkside Avenue/Ocean Avenue). It is a 3.34 mile route. The paved course is mostly flat with some inclines and declines. A water station and first aid kit will be available.

**Registration**

\$10 cash or check payable to SAF.  
 Tuesday, October 6 – Tuesday, November 10  
 7:00 am – 11:00 pm, at the Student Center information desk. The \$10 registration fee includes Run/Walk registration, t-shirt, refreshments.  
**\*\*t-shirts are only guaranteed for registrations submitted by October 30\*\***

**Run/Walk Day Check In**

NO REGISTRATIONS ON DAY OF RUN/WALK  
 7:30 AM – 9:00 AM  
 Pick up t-shirts at check in

**Award Categories**

5K 55+ Male/Female  
 5K 18-54 Male/Female  
 5K 13-18 Male/Female Youth  
 Kid’s K Male/Female

**Time Limit**

Only the first Male/Female finisher in each category will be timed. The course will be set up for 2 hours.

**Post-Race**

There will be refreshments and awards will be given in all age categories.

**Volunteer**

We are looking for volunteers to assist with the race (check in, water/refreshment stations, time keepers, etc.). If you are interested in volunteering, contact Regina Finan at [regina.finan@downstate.edu](mailto:regina.finan@downstate.edu).

Sesquicentennial Fun Run/Walk Entry Form – Sunday, November 15, 2009

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Sex \_\_\_\_ Age on 11/15/09 \_\_\_\_

Entry Fee	\$ _____
Event:	<input type="checkbox"/> 5K <input type="checkbox"/> Kid K
1 event per person. Registration not <u>refundable</u> or <u>transferable</u> .	
T-shirt size:	// Adult // Youth
(circle one)	XXL XL L M S L

Note: For the safety of all participants, strollers, skateboards, scooters and skates of any kind are prohibited in this event.

Waiver of Liability: In consideration of my entry being accepted, I waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and organizations connected with the Sesquicentennial Fun Run/Walk for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event, and am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Email \_\_\_\_\_  
 Parent or guardian if under 18 years of age