

St. John the Baptist 13th Annual "Run Your Turkey Off" 4K

To Benefit the John Fred and Eileen Walsh Tobin Memorial XC Scholarship Funds

And the SJB Boys + Girls Cross Country and Track & Field Teams

Friday, November 25, 2016

AWARDS

34-Trophies: Top Male + Top Female

Overall and SJB Alumni

And Top Male + Female IN EACH AGE GROUP

60-Medals: 2ND + 3RD Place in each age group

Age Groups: 14 and 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, 75-79, 80+

Shirts + Medals

Provided by Sports Shack of Babylon

COURSE AND DIRECTIONS

A fast and flat **2.5-mile** course through the streets of West Islip. St. John the Baptist D.H.S. is located at 1170 Montauk Hwy., West Islip, just west of the Robert Moses Causeway.

CHECK-IN

Day of race **REGISTRATION** and **CHECK-IN**

FROM 7:15 a.m. - 9:00 a.m.

In the St. John's Cougar Cafe

4K RUN

Timing by Start to Finish Corp

Using Wining Time Chip Technology

\$25.00 if received by Friday 11-18-16

\$20.00 Students 17 and under and SJB ALUMNI

FREE: 65+ if received by 11-18-16

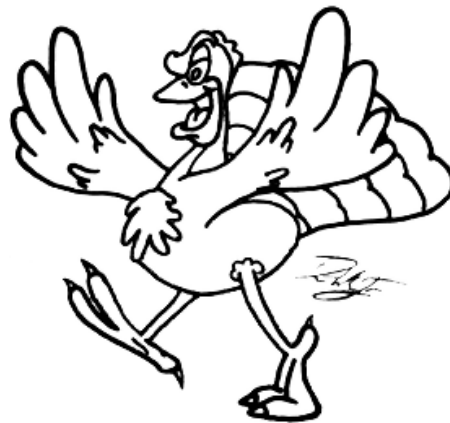
\$30.00 Day of race for all categories

800 METER KIDS FUN RUN

For ages 12 and under

FREE

Medals to all the fun run finishers



START TIMES

Fun Run: 9:00 am

4K: 9:30 am

Register on-line or

Mail Your Registration To:

St. John the Baptist DHS

Coach David Wood

1170 Montauk Hwy

West Islip, N.Y. 11795

Register on-line at

www.runsignup.com/Race/WestIslip/The2016RunYourTurkeyOff

Name: _____ Age: _____ Date of Birth: _____ Sex: _____

Address: _____ Town: _____ State: _____ Zip: _____

E-Mail Address: _____

4K Entry Fee: _____ \$25.00 Pre-Registration (if received by Friday 11-18-16) after and day of race \$30

_____ \$20.00 Student 17 & under **AND ALL SJB ALUMNI - Graduation Year: _____**

_____ **FREE** 65 years old or older **if pre-registration is received by 11/18/16**

Please make your check payable to: St. John the Baptist

DONATION AMOUNT: \$ _____

TOTAL PAID: \$ _____

ATHLETE'S RELEASE: I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive, release and hold harmless (Race Organizer, Race Director, all Sponsors and Municipality) and their agents, employees, representatives, successors and assigns, from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above-mentioned organizations or individuals. (If signed by a parent, the parent agrees to waive, release and hold harmless the above-mentioned organizations and individuals from any and all said liabilities, claims and causes of action which may be asserted on behalf of the entrant.)

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any and all of the above mentioned organizations and individuals to use any photographs, videotapes, motion pictures, recordings or any other record of this event and my participation in this event for any purpose whatsoever.

SIGNATURE: _____ PARENTS SIGNATURE: _____

(If entrant is under 18 years old)

Race Sponsorships Programs Available:

\$100.00 Business card with logo on the race shirt

*Coach Wood must receive your business card by Monday 11/7/16

Late cards will be used on next year's shirts

Additional donations are appreciated: \$_____

Total Amount Donated: \$_____

We appreciate your generous support of the St. John the Baptist
Cross Country and Track & Field Programs and the
John Fred and Eileen Walsh Tobin XC Memorial Scholarship Funds

Thank you,
David S. Wood