



11th Annual

Thunder Run

Proceeds to Benefit Challenged Runners

5 Kilometer Run / Walk

In Cooperation With:



SUNDAY, JULY 19, 2009 - 9:15 AM



NEW COURSE AND DISTANCE - MOSTLY FLAT COURSE!!

Hidden Pond Park, Terry Rd., Hauppauge, NY

ENTRY FEES

5K RUN/WALK

\$18.00.....if received by 31 May 2009
\$20.00.....if received by 19 July 2009
16 and under50% discount

\$25.00.....day of race

1K KIDS FUN RUN 8:30 AM

\$ 6.00.....if pre-registered
\$ 7.00.....day of race

DIRECTIONS

Take the Long Island Expressway to Exit #58. Go north on Old Nichols Rd to Terry Road. Make left on to Terry Road to the traffic light at the entrance to Hidden Pond Park. Make a left into the park. Follow signs to race parking.

CHECK-IN

Day of race registration and check-in will open at 7:30 AM. Registration and check-in tables will be adjacent to the finishline, which will be located on the west side of The Rinx Complex.

Race walkers must check in with the official after number pickup.

AWARDS

- Top male and female finishers overall
- Top three (3) males and females in the following 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+
- Top three (3) finishers in: Wheelchair division, Physically Challenged, Mentally Challenged, Clydesdale Men: 185 to 199 lbs., 200 plus, Womens: 140-159 lbs., 160 and over.
- Sanctioned race walk: Male/Female, Open/Masters.
- Sponsored Walk/Run Fund Raiser

AMMENITIES

- Thunder Run T-shirts
- Post-race Refreshments
- Post Race Raffles
- Award ceremony post-race

*Reasonable requests for accommodation for a disability must be made in writing by June 30, 2009

Scoring By Championship System
Results will be posted at www.flrrt.com

Make checks payable to: Rolling Thunder Special Needs Program

Mail entries to: Rolling Thunder Special Needs Program, Inc., 40 Clinton Avenue, East Patchogue NY 11772 - 6128

Or register on-line at: www.active.com or www.rtsnp.org

Additional Information: Call Ray at 631-730-2861 or e-mail at: rayjw@optonline.net



First Name _____ Last Name _____

Age (on race date) _____ Date of Birth ____/____/____ Male Female

Shirt size: Small Medium Large X-Large Additional Donation \$ _____ Sponsored Walk

Special Category: Wheelchair Physically Challenged Male 185-199 lbs. Male 200+ lbs.

Fun Run Racewalker Female 140-159 lbs. Female 160+ lbs. Mentally Challenged

Address _____ Phone # () _____

Town _____ State _____ Zip _____ E-Mail Address _____

USATF # (if part of Grand Prix) _____ Club/Team Affiliation _____

Please complete entry blank, read the following statement and sign below. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Rolling Thunder Special Needs Program, Inc., Suffolk County, The Town of Islip, The Rinx, FLRRT Inc., all race sponsors, the police and volunteer fire departments and their representatives, successors, and assigns, for any and all injuries suffered by me in this event. 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. If signed by a parent, the parent agrees to release and hold the above-named organizations and personnel harmless of any claims and rights which may be asserted on behalf of the entrant. Further, I hereby grant permission to any and all of the foregoing to use photographs, video tapes, motion pictures, recordings, or any other record of this event for any purpose whatever.

Signature: _____ If under 18 years old, signature of parent or guardian: _____