APPLICANT SIGNATURE (Parent, if under 18).	EVENT: 5k  \$18.00	ZIP	ADDRESS	NAME	
RE (Parent, if under 18)	00 1 M 🔲 \$18.00	AGE (			
	PHYSICALLY CHALLENGED	AGE (as of race date)			
Fill out race application, detach and return with ch		SEX	TOWN	PHONE	

I, intending to be legally bound, hereby, for myself, my heirs, my executors, my administrators and assigns, do hereby waive and release any and all rights and claims for damages I have against the West Side School Parent Teacher Group Inc., Cold Spring Harbor Central School District, the Village of Laurel Hollow, the Oyster Bay Fire Department, their representatives, employees, agents, successors and assigns for any and all injuries suffered by me in the West Side Rum of May 20, 2012. I attest and verify that I am physically fit and properly trained and conditioned to run the I mile and/or the 5k (3.1 miles).

Application

Directions to West Side Run

The West Side School is located just one block north of Route 25A in the village of Laurel Hollow,

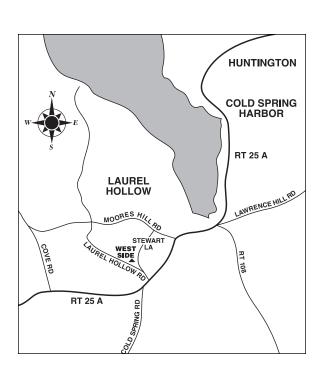
#### From the West

Syosset, NY.

Take the LIE or Northern State to Route 106. Turn left - North, to Route 25A, Northern Blvd. Turn right - East, on 25A. Continue for 3.2 miles, just past the 4th traffic light, turn left onto Laurel Hollow Road (don't go down the hill on 25A). Follow the signs to the parking area.

#### From the East

On 25A continue through Huntington and Cold Spring Harbor past the Fish Hatchery, on left, and the Cold Spring Lab, on right, up to the top of the hill on 25A. Turn right on Laurel Hollow Road at the hilltop, *before* the traffic light. Follow the signs to the parking area.



West Side Run 1597 Laurel Hollow F Syosset, NY 11791 Att: Connie Robins

## 20th Annual



# 5K & 1 Mile Run

Sunday May 20, 2012



West Side School Laurel Hollow Cold Spring Harbor C.S.D.

#### WHEN:

May 20, 2012 (rain or shine) 1 Mile Run at 9:00 am 5k Run at 9:30 am

**Check-in:** 1 Mile: 8:00-8:30

5k: 8:00-9:00

#### WHERE:

West Side School Laurel Hollow Road Svosset, New York (1 block north of 25A)

(516) 692-7900

#### WHO:

All are welcome

**Age Groups:** 4 and under, 5-6, 7-8, 9-10, 11-12, 13-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+Physically Challenged

#### COURSE:

This is the twentieth year of the successful 5K and 1 Mile West Side Run! It is unique in that it attracts a wide cross section of runners from children and families up to the serious runners. Both runs go through the scenic rolling hills of the beautiful village of Laurel Hollow.

The first West Side Run was held as an event in celebration of the 200th birthday of West Side School in 1990.

#### REGISTRATION:

Preregistered runners are guaranteed T-shirts.

#### Make checks payable to:

West Side PTG

#### Mail registration form to:

West Side Run West Side School 1597 Laurel Hollow Road Syosset, New York 11791 **Att: Connie Robins** 

#### **Preregistration:**

\$18.00 for 1 Mile or 5k

Day of Race:

\$20.00 for 1 Mile or 5k

Preregistered runners may pick up T-shirt and race numbers on Saturday. May 19, 2012 between 6:00-8:00 pm.

#### AWARDS:

Awards will be given for the first, second and third place finishers (male and female) in each age category for the 1 mile and 5k, as well as the overall winners, male and female, for the 1 mile and 5k.

#### TIMING & RESULTS:

Race Management, Inc.



### 2011 SPONSORS

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#### West Side Run Sponsorship Form

Nassau Sports Physical Therapy & Rehab

Natoli Family

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Name					
Address					
Phone					
Family Sponsor	\$200 \$100	\$150 \$50			
Business Sponsor	\$500	\$250			
Please make checks payable to: West Side PTG					
Mail form to: West Side Run West Side School 1597 Laurel Hollow Road, Syosset, NY 11791 Att: Connie Robins					
Contact Connie Ro West Side School (51)					